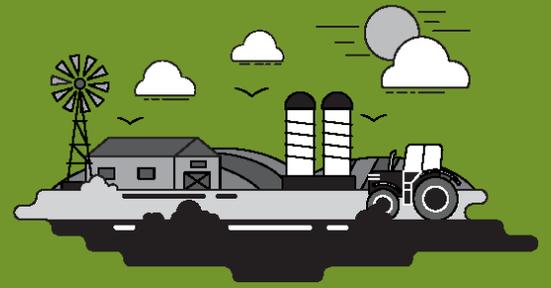


LET'S TALK Agriculture



Suicide on the Farm



When compared to individuals in other occupations, farmers are among the most likely to die by suicide.

Suicide rates among farmers are **6X higher** than the national average



45% of farmer and rancher suicides in the past 15 years consisted of the deaths of **people aged 65+**



Firearms were used in 74% of farmer/rancher suicides and 50% in nonfarmer suicides across 40 states, 2003-2018



If you believe someone is in immediate danger or has already harmed themselves, call 911.

**TALK
ABOUT
IT**

Make mental health part of your safety conversation.

Learn to recognize the warning signs in yourself and others.

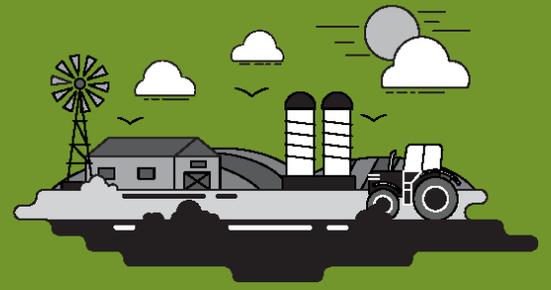
Call or text 988. Or visit 988lifeline.org

Adapted by materials developed by the Healthier Workforce Center of the Midwest and the Associated General Contractors of Missouri


GREAT PLAINS
Center for Agricultural Health

988
SUICIDE
& CRISIS
LIFELINE

LET'S TALK Agriculture



Recognize the Warning Signs in Farmers



Stigma can cause people to feel ashamed of something out of their control and, at its worst, prevent someone from seeking help. It can prevent farmers from seeking help. It is not always obvious when a farmer is struggling.

Common warning signs of distress:

- Change in routine
- Care of livestock and farmstead appearance declines
- Increase in farm or ranch injuries
- Weather-related stress
- Isolation
- Disagreements with friends and family
- Problematic substance abuse

Fight stigma by:

- Talking openly about mental health
- Educating yourself and others on mental health issues
- Being conscious of hurtful language
- Treating physical and mental health as equally important

Suicide can occur
in people without
mental illness.

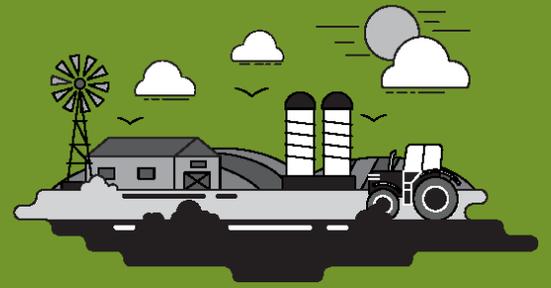
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Start the Conversation



Talking about suicide does *not* put the idea in someone's head. It gives them permission to talk about it and is usually a relief.

1. **Prepare:** Practice what you will say, plan for a good time to talk, and identify resources.
2. **Empathize:** Speak without judgment. Acknowledge their feelings.
3. **Ask directly about suicide:** Mention the warning signs you observed. **If they answer yes, stay calm. Don't leave them alone and help them get help.**
4. **Refer them to resources:** Help them call 988, or 911 if it is an emergency situation.

Thank you for sharing this with me.

What can I do to help?

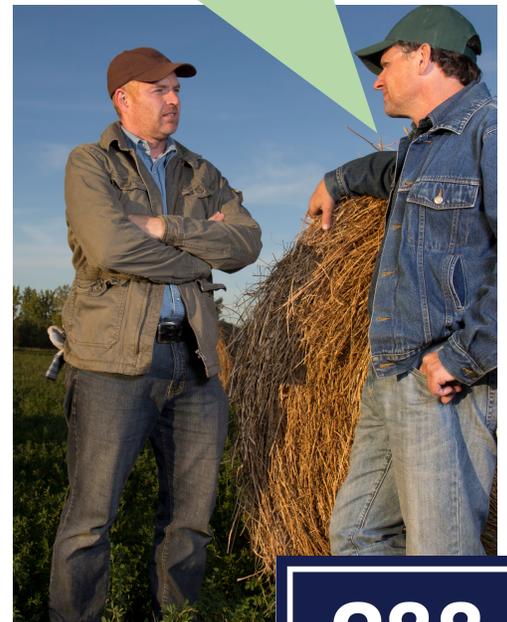
Do you want to talk about it?

That sounds really difficult. How are you coping?

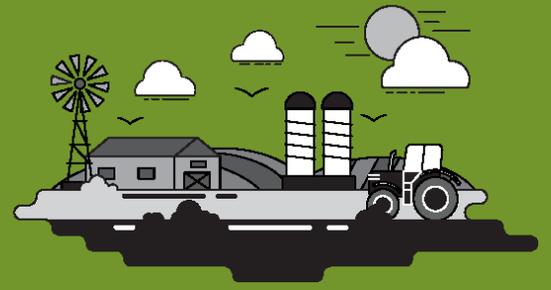
Are you looking for my perspective or would you rather I listen?

Have you thought about harming yourself?

Mental health is personal issue, a family issue, and a work issue.
Make mental health part of your farm safety conversation.



LET'S TALK Agriculture



Resources for Farmers

There are many places to call, visit online, and text 24/7 a day, every day, if you or someone you know are experiencing stress and/or suicidal thoughts.



The Suicide and Crisis Lifeline

Call 988 or visit 988lifeline.org to chat.

Services are available in Spanish.



Find more resources at GCAH.org



Iowa Concern Hotline

Call (800) 447-1985 or visit extension.iastate.edu/iowaconcern



Iowa Farm Bureau

iowafarmbureau.com/Stress-Mental-Health-Resources



Farm and Ranch Stress Assistant Network

farmandranchstress.com



Resilient Farms and Families

farms.extension.wisc.edu/farmstress/



Farmers Wellness hotline

farmwellwi.org or call 888-901-2558



Farm Assistance Center

farmstress.org



Livingworks.com

Applied suicide intervention skills training

