YOU are the most important asset to your farm.

This is a really stressful time — how are you doing?

Take a moment to check in with yourself:

Are you sleeping and eating? How are you feeling health-wise?
Are you taking any kind of a break from work — even a few minutes?
Who are you talking with about your stress? Who could you talk with?
Need to talk to someone?

Call the Georgia Crisis and Access Line
1-800-715-4225
for immediate access to routine or crisis services 24/7 every day of the year.
UGA EXTENSION IS HERE FOR YOU EVERY DAY – during the good times and the tough times. No matter the help you need, our team offers 24/7 local support and online resources.

GROW STRONGER WITH US.

For local support within your community, contact your county Extension office, where you’ll find UGA Extension personnel from your neighborhood.
extension.uga.edu/county-offices

Find research-based tips on the Rural Georgia Growing Stronger website to find out how to manage stress, stay healthy, and improve financial health.
extension.uga.edu/rural

Visit the Georgia Farm and Ranch Stress Assistance Network for resources developed by our partners across the Southeast.
www.farmandranchstress.com

When an emergency hits, be prepared and know how to respond with these expert resources.
extension.uga.edu/emergencies