

Ag Crisis Support Program

A service provided by

Southern Plains Behavioral Health Services

Individuals and families who are engaged in ag-business tend to have a strong work ethic and sense of pride. While admirable, these traits can also lead to the avoidance and denial of situations that might include:

- Concerns about weather
- Uncertainty over markets
- Frustrations with bureaucracies
 - Financial stress
 - Relationship problems
- Feelings of dread or hopelessness
- Increased substance use

Feelings of detachment, avoidance and apathy might be an effective way of conserving emotional energy and re-grouping. If it becomes a problem or interferes with your day-to-day life, it may be time to seek help. Please see your doctor or call one of the numbers below for free, confidential assistance.

To find out more about the Ag Crisis Support Program, please contact:

Southern Plains Behavioral Health Services

500 E 9th St., Winner, SD 57580

Phone: 605-842-1465 • Fax: 605-842-2366

National Suicide Prevention Lifeline:

1-800-273-8255

Avera Farm and Rural Stress Hotline:

1-800-691-4336