

# ***Ag Crisis Support Program***

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## ***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
- Physical ailments (headaches, upset stomach, ulcers, aches/pains, etc.)

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***

*or*

***National Suicide Prevention Lifeline:***

***1-800-273-8255***

***Avera Farm and Rural Stress Hotline:***

***1-800-691-4336***