

May 2021

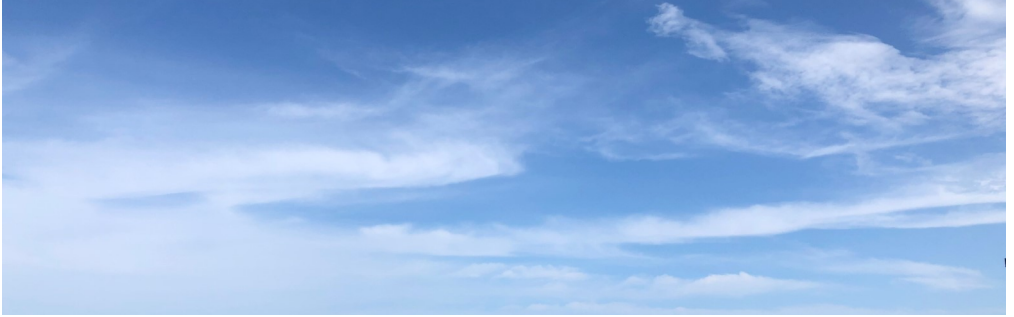
**Ag Safety & Health
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(CoP) eNews**



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Ag Safety and Health eXtension CoP web address:
<https://ag-safety.extension.org/>.



May is Mental Health Awareness Month

Farmers and ranchers are strong and resilient while dealing with long work hours, weather, disease, government regulations, machinery breakdowns, livestock and crop problems, and commodity prices. Worry, isolation, loneliness, stress, and anxiety are challenges for agricultural producers during these unique times.

Share resources with farmers and ranchers to help families learn about the stress of agriculture, effects of stress, and how to access resources.

Mental Health Awareness

[Opioid Crisis in Rural America](#)—American Farm Bureau Federation

[When Stress is Not Normal](#)—University of Missouri

[Take a Mental Health Test](#)—National Institute of Mental Health

[Stress and Mental Health](#)—Upper Midwest Ag Safety & Health

[Production Agriculture and Stress](#)—eXtension

Referral Resources

[5 Action Steps for Helping Someone in Emotional Pain](#)—National Institute of Mental Health

[Rural Resilience: Farm Stress Training](#)—Illinois Extension and Michigan State University

[Managing Farm Stress](#)—Michigan State University

SAY National Clearinghouse

Ag safety and health curriculum or resources that align with AFNR standards can be promoted through the SAY National Clearinghouse. Contact [Linda Fetzer](#) or visit the [SAY Project](#) homepage.



***Thank you to the CHS Foundation for
their support of eXtension.***



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Questions or comments? Email Linda Fetzer at lmf8@psu.edu.