

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

Rural Georgia,
GROWING STRONGER

