

**Are you looking for
additional resources
in your community?**

Live support is available
through
WYOMING 211

Monday through Thursday
8 a.m. to 6 p.m.
Friday 8 a.m. to 5 p.m.
Call 211 or 1-888-425-7138
or text your zip code to
898211.

A Community Resource
Specialist will be happy to
assist you.

Language translation
services are available.



**FARM AND
RANCH STRESS
ASSISTANCE**

Wyoming

2.1.1

Get Connected. Get Help.™

**You worry about a
lot of things on the
farm**

**Your mental health
shouldn't be one of
them**



Scan for resources or visit
www.wyoming211.org

Farmers and
Ranchers face
unique challenges.

We have resources!

**TRADE WARS - NATURAL
DISASTERS - COMMODITY
PRICES - DISEASE - LABOR -
SHORTAGES - DROUGHT**

These can be contributors to farmers' mental health.

Cost, embarrassment, and stigma often prevent farmers from seeking help or treatment.

Wyoming 211 has partnered with the Wyoming Department of Agriculture and the Farm and Ranch Stress Assistance Network to provide information and referral to resources and services that may assist farmers and ranchers in need of support or assistance.

If you are experiencing negative feelings or know someone who is, the AgriStress Helpline for Wyoming is a resource for farmers and ranchers to reach out to trained professionals and get the assistance you need.

The AgriStress Helpline for Wyoming provides care, 24 hours a day, seven days a week, to a vital population that often holds their burdens and worries in silence.

Call (833) 897-2474

**Resources available
through Wyoming 211**

FINANCIAL ASSISTANCE:

Programs which provide financial and technical assistance.

MENTAL HEALTH SERVICES:

Services are available to assist farmers and ranchers with coping with the stresses and demands of their industries.

SUPPORT SERVICES:

Guidance and support you need to start or grow your business.

**ADVOCACY AND
MEDIATION:**

Proven methods that results in positive outcomes and successes for the agriculture industry.

OTHER SERVICES:

Access new markets, transition to more sustainable and profitable farming practices, and survive natural disasters, and more.

