

# Ag Stress Never Sleeps

Farming is stressful.  
There are tools to help  
manage the stress.



DEPARTMENT  
OF AGRICULTURE

[CTFarmStressRelief.com](http://CTFarmStressRelief.com)

# Get Help Now

**AgriStress**  
**HELPLINE**<sup>SM</sup>  
for Connecticut

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 **833.897.2474**  
*call or text*

This work is supported by the Farm and Ranch Stress Assistance Grant, grant no.: 2021-70035-3555,  
from the U.S. Department of Agriculture, National Institute of Food and Agriculture.

# Get Help for Farm Stress



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