## Ag Stress Never Sleeps That's why 24/7 help is available

Talk to someone now:





Connect to Mental Health Resources for CT Farms & Farm Families CTFarmStressRelief.com

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.







### Stop Ag Stress Before it Stops You Get the help you need now

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# Get Help for Farm Stress

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