

# Ag Stress Never Sleeps

A man wearing dark overalls is seen from behind, standing with his hands on his hips. He is looking out over a landscape at sunset or sunrise, with the sun low on the horizon and a warm, golden glow in the sky. The background shows rolling hills and some greenery.

That's why 24/7 help is here

Fast Help • Resources • Support • Programs

**If you need help now:**

# AgriStress

## HELPLINE<sup>SM</sup>

for Connecticut

 **833.897.2474**  
*call or text*

Every person in agricultural businesses across Connecticut knows that life in this industry can be uncertain. Unpredictable. Unforgiving. Stressful. Visit the website below or scan the QR code to access resources created for you – the people who make CT's ag industry work – by people who are trained to understand your business.

**Connect to Mental Health Resources  
for CT Farms & Farm Families**

**CTFarmStressRelief.com**



# Get Help for Farm Stress



[Resources](#) • [Support](#) • [Programs](#)

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