

Get Help for Farm Stress

Resources

Programs

Support

If you need help now:

AgriStress
HELPLINE SM
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

