

# Get Help for Farm Stress



Resources

Programs

Support

**Talk to someone 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](https://CTFarmStressRelief.com)**

