

5 SIGNS OF STRESS ON THE FARM



CHANGE IN ROUTINE OR SOCIAL ACTIVITIES



DECLINE IN CARE OF DOMESTIC ANIMALS



INCREASE IN FARM INCIDENTS



DECLINE IN PHYSICAL APPEARANCE OF FARMSTEAD



DECREASED INTEREST IN EVENTS OR ACTIVITIES



If your family member, friend, or co-worker exhibits these behaviors, it is time to reach out and ask them if they need help.



@GPCAH

Warning signs from
Farm Bureau @
<https://www.fb.org/l>
and/fsom



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