

# Know the Warning Signs

When loved ones, neighbors or others you care about are experiencing mental health challenges, they may not even realize it. **Here's how you can identify someone who may be at risk.**

Change in routines or social activities

Decline in the care of domestic animals

Increase in illness or other chronic conditions

Increase in farm accidents

Decline in appearance of the farmstead

Decreased interest in activities or events

Signs of stress in children including struggles with school

Learn more about recognizing the signs of chronic stress, depression or suicidal intent and what you can do to help at [NY FarmNet](#).