



# Emotional Well-Being: Warning Signs and Resources

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# Purpose

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Farmers experience a wide range of emotional stress that can affect both the individual and their family. This session will share warnings signs and resources available to deal with emotional stress. Some topics covered include financial stress, substance abuse, depression, and suicide.

# Farm and Family Stressors

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## Ordinary Stressors

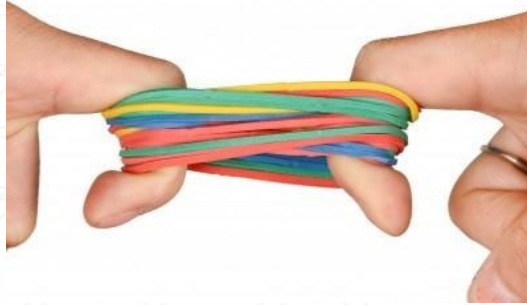
- Managing busy lives
- Health issues
- Access to health care
- Managing finances
- Family Dynamics
- Farm production and management issues

## Extraordinary Stressors

- Weather Events
- Volatile Markets
- Rising Interest Rates
- Tariffs, Trade issues
- Access to Credit
- Changing Regulations

What is Resilience and Resiliency thinking?

Resilience is the ability to not only survive,  
but thrive!

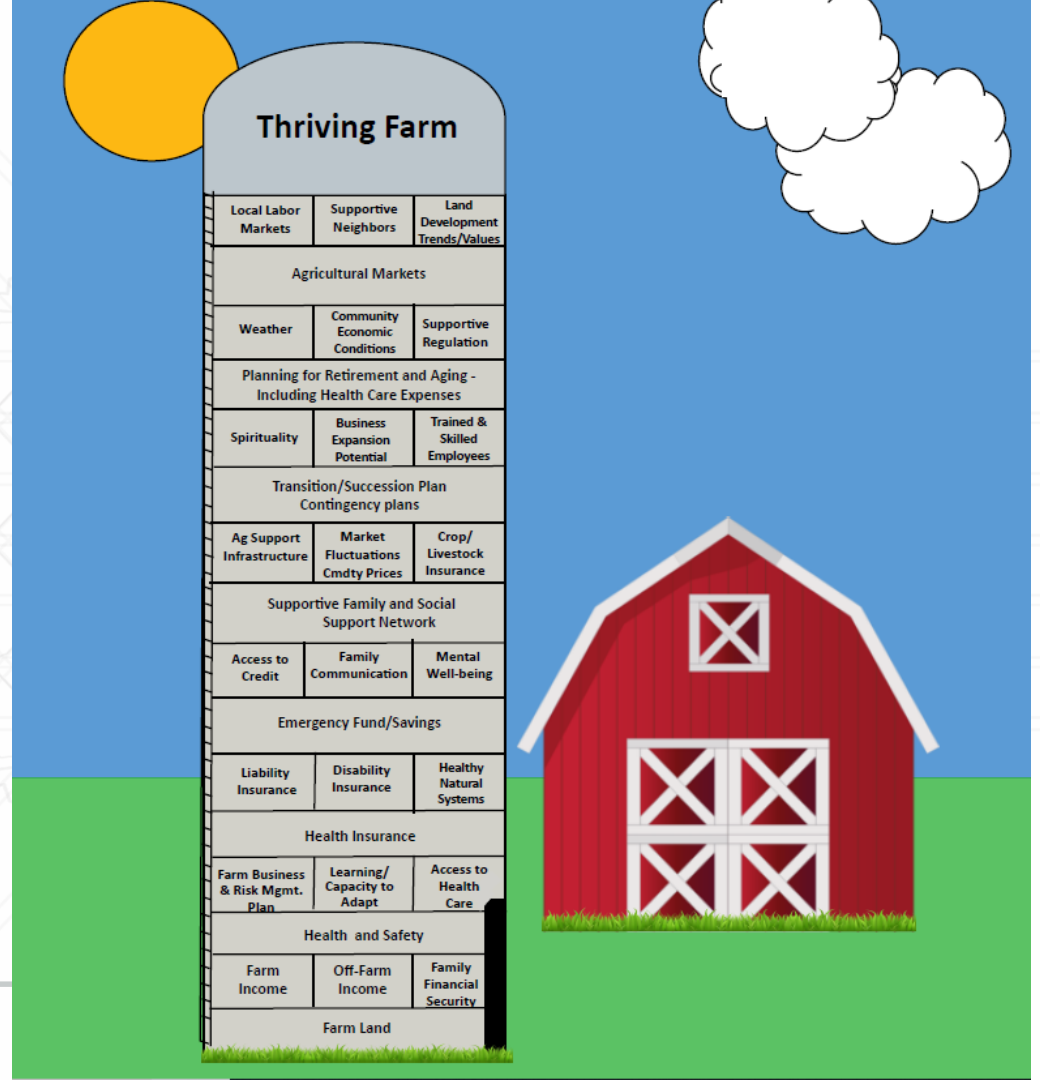


*To remain strong, we must stretch ourselves and spring forward!*

# The Goal: A Thriving Farm and a Thriving Family

Farm operators, family members and workers:

- Use Ag Risk Management Strategies
- Embrace and Enhance Resiliency Factors that help people cope with change



# Definition of Stress

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The non-specific response of the body to any demand for change.

*Hans Selye, MD, PhD (1936)*

# Types of Stress

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## Eustress

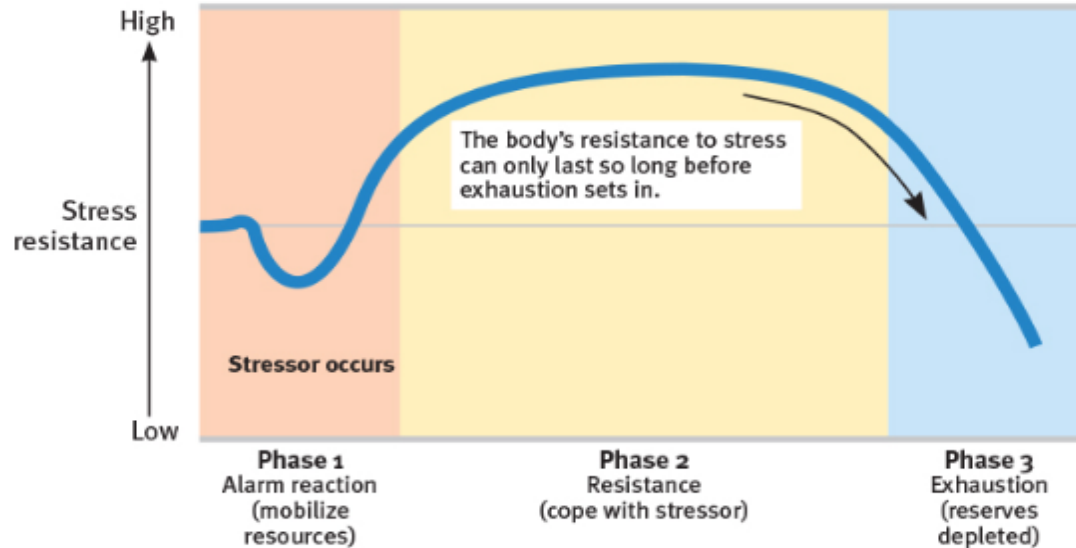
- Good stress
- Beneficial to body
- Maintains stress response
- Example: exercise, vacation, wedding

## Distress

- Necessary for survival
- Chronic levels can lead to illness
- Example: finances, relationships, injury



# General Adaptation Syndrome (GAS)



Myers/DeWall, Psychology in Everyday Life, 4c, © 2017 Worth Publishers

# How do we manage these stressors?

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## Farm Risk Management Practices

- Production
- Marketing
- Financial
- Legal
- Human

## Individual and Family Stress Management Practices

- Effective Communication
- Physical Exercise
- Eating Right
- Taking Care of your Physical and Mental Health
- Continuing to Learn and Adapt
- Having a Support Network
- Using Techniques that Manage and Reduce Stress

# What are signs of stress on the farm?

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# Signs of Stress on the Farm

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Change in appearance of farm

Change in routine / behavior

Increase in illness / injury

Increased use of alcohol / drugs

Children's behavior changes

# Depression

Feelings of sadness, hopelessness, worthlessness (2 weeks)

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National Suicide Prevention Hotline  
(800) 273-8255



Crisis Text Line 741741

CRISIS TEXT LINE |

National Alliance on Mental Illness  
(800) 950-6264



# Substance Use

Abuse or Dependence of Alcohol or Other Drug

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SAMHSA (Substance Abuse and Mental  
Health Services Administration)

(800) 662-4357

Alcoholics Anonymous: [www.aa.org](http://www.aa.org)

Narcotics Anonymous: [www.na.org](http://www.na.org)

# Suicide

Act of intentionally causing one's own death

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National Suicide Prevention Hotline  
(800) 273-8255

Crisis Text Line 741741



CRISIS TEXT LINE |

# Mental Health First Aid Action Plan

[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

**A**ccess for risk of suicide or harm

**L**isten nonjudgmentally

**G**ive reassurance and information

**E**ncourage appropriate professional help

**E**ncourage self-help and support strategies

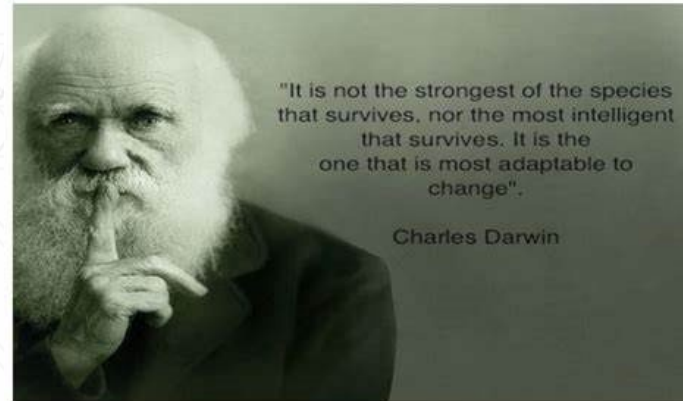




# Traits of Resilient Individuals

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- Connectedness to Others and a Higher Power
- Flexibility
- Access to Social & Community Resources
- Communication
- Problem Solving Skills
- Hopeful / Positive Outlook
- Able to Share Feelings



# Stress Management Strategies

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Talk to others (Social Support)

Relaxation techniques

Exercise

Seek professional help

<https://www.ag.ndsu.edu/publications/kids-family/farm-stress-fact-sheets-stress-management-for-farmers-ranchers>

# Where do you turn for help?

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Farm Aid Hotline (800) 327-6243



Farm Crisis Center [farm crisis center](https://farmcrisis.nfu.org/) 🌿

<https://farmcrisis.nfu.org/>

Mental Health America



<https://www.mentalhealthamerica.net/>

# Farm Stress Management

<https://extension.umd.edu/FarmStressManagement>



Financial Resources



Stress Management



Legal Resources

## Delaware Farm Families and the Organizations that Support Them

<http://guides.lib.de.us/defarm>





# Delaware Resources

## **Division of Substance Abuse and Mental Health**

<https://dhss.delaware.gov/dsamh/>

**Mobile Crisis Intervention Services (MCIS)** for psychiatric/substance abuse immediate services

- Northern Delaware Hotline, call: 800-652-2929
- Southern Delaware Hotline, call: 800-345-6785

**Mental Health Association in DE:** <https://www.mhainde.org/>

**Contact Lifeline Inc:** 24/7 counseling <http://www.contactlifeline.org/>

**NAMI, the National Alliance on Mental Illness – Delaware**

<https://www.namidelaware.org/>

# Maryland Resources

- **Maryland Network of Care** - The Network of Care now offers portals for consumers to search health and human services by county.  
<http://www.maryland.networkofcare.org/>
- **The Pro Bono Counseling Project** - Free therapy in Md is available if you are sad, grieving, stressed or want to make a change in your life. Call at 410-825-1001 or 877-323-5800 for a confidential phone interview. <http://probonocounseling.org/>
- **Center for Healthy Families** - A couple and family therapy clinic within the Department of Family Science at the UMD, College Park offers services including: couple, family, and individual therapy, as well as parent education. <https://sph.umd.edu/departement/fmsc/center-healthy-families-0>
- **University of Maryland Extension Farm Stress Resources**  
<https://extension.umd.edu/FarmStressManagement>
- **Save a Shore Farmer** - <https://www.saveashorefarmer.org/>



# Additional National Resources

- Center for Rural Affairs: <http://www.cfra.org/news/180130/10-helpful-resources-farmers>
- [Crisis Text Line](#). Text “GO” to 741741: <https://www.crisistextline.org/textline/>
- Family Development Resources. *Nurturing parenting*.  
<http://www.nurturingparenting.com/CommunityBasedEducation.html>
- Iowa Concern, 24-hour hotline: 1-800-447-1985
- Mental Health First Aid: <https://www.mentalhealthfirstaid.org/>
- Michigan State University Extension: [www.msue.msu.edu](http://www.msue.msu.edu)
- Michigan State University Extension online course:  
[https://www.canr.msu.edu/managing\\_farm\\_stress/online\\_course\\_how\\_to\\_handle\\_stress\\_on\\_the\\_farm](https://www.canr.msu.edu/managing_farm_stress/online_course_how_to_handle_stress_on_the_farm)
- Michigan State University Extension. *Managing farm stress*.  
[https://www.canr.msu.edu/managing\\_farm\\_stress/index](https://www.canr.msu.edu/managing_farm_stress/index)
- National Council for Behavioral Health. Mental Health First Aid. <https://www.mentalhealthfirstaid.org/>
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- National Suicide Prevention Lifeline Crisis Chat: <https://suicidepreventionlifeline.org/talk-to-someone-now/>
- Oklahoma AgrAbility: <https://www.ok.gov/ag4life/>
- Substance Abuse and Mental Health Services Administration. National Suicide Prevention Lifeline.  
<https://search.usa.gov/search/docs?affiliate=samhsa-store&dc=1415&query=National+Suicide+Prevention+Lifeline>
- [Veterans Crisis Line](#): 1-800-273-8255, Press 1 (website also has a chat option)
- <https://www.veteranscrisisline.net/>





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# References

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Delaware Farm Families and the Organizations that Support Them: <http://guides.lib.de.us/defarm>

Mental Health First Aid USA: <https://www.mentalhealthfirstaid.org/>

Michigan State University: [https://www.canr.msu.edu/managing\\_farm\\_stress/](https://www.canr.msu.edu/managing_farm_stress/)

National Alliance on Mental Illness: <https://www.nami.org/About-NAMI>

National Institute of Health: <https://www.nimh.nih.gov/index.shtml>

Substance Abuse and Mental Health Services Administration: <https://www.samhsa.gov/find-help/national-helpline>

University of Maryland Extension, Farm Stress Management: <https://extension.umd.edu/FarmStressManagement>