

Six free therapy sessions!

In person or Teletherapy



We will help you

- Set up your appointment
- Connect with the provider
- Access your session



Complete the

intake form at
go.umd.edu/qYB
and we will reach
out to you.



Email us at
mdfrsan@umd.edu

Free Therapy Services for Farm Families



UNIVERSITY OF
MARYLAND
EXTENSION



FARM
STRESS
MANAGEMENT

NOTE: The term “farmer” is used in the broadest sense and may be interpreted to include agricultural farmers, ranchers, workers, business owners, and **non-industrial private forest owners and managers.**

This institution is an equal opportunity provider. This work is supported by the Institute of Youth, Family and Community (grant no. 2021-70035-35375/project no. 1027088) from the U.S Department of Agriculture, National Institute of Food and Agriculture.