



**HARD TO TALK ABOUT?
HOW YOU FEEL IS WORSE.**

**Don't cope with
ag-related stress alone.**

KansasAgStress.org





**You take care of so much.
Take care of you, too.**

**Targeted resources and practical
steps are available right now for:**

- **MEN IN AGRICULTURE**
- **WOMEN IN AGRICULTURE**
- **TEENS AND YOUNG ADULTS**
 - **FARMER VETERANS**
 - **FARM FAMILIES**
 - **AGING ADULTS**

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