



# FARM / RANCH / RURAL STRESS:

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RIPLING THROUGH RURAL  
AMERICA



Lutheran  
Social  
Services  
of North Dakota



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... and a farm wife.



Farming  
and/or ranching  
are not just a job.  
It's a way of life.  
It's who we are.



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***“You been  
farming  
long?”***

***About a year,  
and it never  
stopped  
raining!***



57 PERCENT.

Our state has seen a 57% increase in suicide over a 20-year period. It's the highest increase in the nation.



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IT'S BEEN A TOUGH  
YEAR.

Don't make a  
permanent decision  
based on a temporary  
situation.





FARM AND RANCH PRACTICES HAVE EVOLVED OVER TIME.  
ACCESSING SUPPORT SERVICES IS JUST ANOTHER EXAMPLE.



# 'Perfect storm' brewing in farm country

By CAROL RYAN DUMAS Capital Press May 13, 2019



Farmers told Congress last week that natural disasters, low prices, low crop insurance and trade uncertainty have pushed their budgets into the red.

[Buy Now](#)

U.S. farmers and ranchers are staring straight into their sixth consecutive year of low commodity prices and dismal returns, and financial pressure is mounting.





WE CAN'T  
OUT-FARM  
MOTHER NATURE.

# When should I be worried?



WHAT ARE THE  
SIGNS AND  
SYMPTOMS?



NOT NECESSARILY  
WHAT YOU THINK.



IT'S NOT JUST  
TROUBLE GETTING  
OUT OF BED.

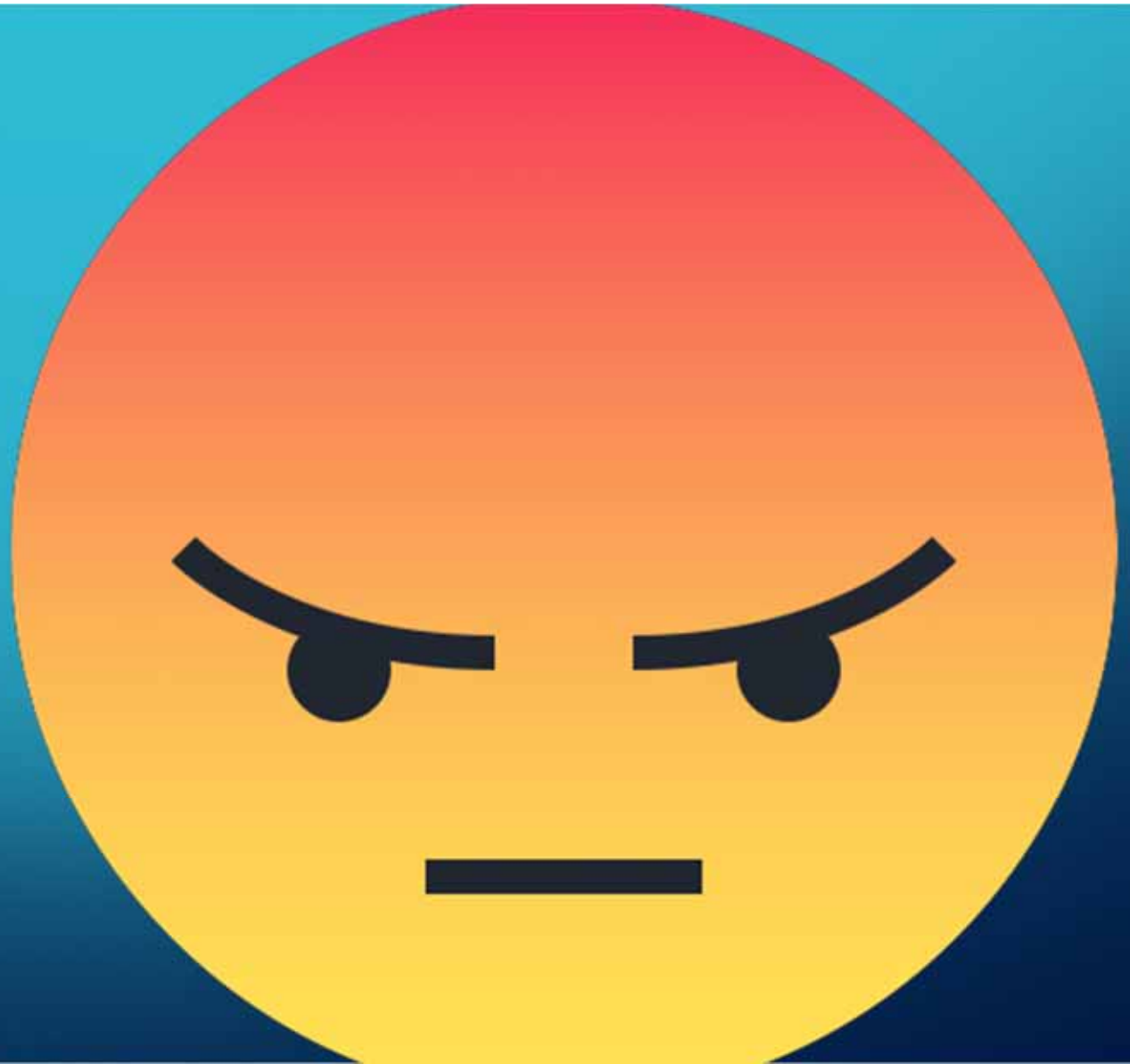


IT'S NOT JUST  
BEING SAD.



IT'S NOT JUST  
SOMETHING THAT  
AFFECTS WOMEN.

What is the  
No. 1  
symptom of  
depression  
in men?





# OTHER SIGNS ...



## Sad OR Depressed?

- Sadness is a normal part of the human condition – a natural, healthy way to deal with grief, disappointment or loss. It typically fades with time and goes away on its own.
- Depression is a deep sadness that is actually a medical condition caused by a neuro-chemical imbalance and does not improve on its own. Untreated depression can endanger a person's life.



Seeking help doesn't mean something is wrong with you; quite the opposite, it means you've chosen to take control & find a healthier way to live.







What if it's not you? What if it's someone you care about?



Instead  
of:

# What NOT to say.

Try:

- Other people have it so much worse than you do!
- You'll feel better tomorrow.
- Life isn't fair.
- You just have to deal with it.
- Life goes on.
- I know how you feel; I was depressed once.
- You're being selfish.
- Go out, have fun, have a drink and forget about it!
- You're bringing me down.
- Stop feeling sorry for yourself.
- You just need to get out of the house!
- What do you even have to be depressed about?
- You're strong; you'll be fine!
- If you can't take it, get a different job.

- I'm sorry you're hurting. How can I help?
- Take it one day at a time, and I'll be here with you through them all.
- I'm so sorry this has happened to you; we WILL get you through this!
- You don't have to deal with this alone; I'm here for you.
- You have so much to live for, and I will be with you to help you rediscover those things.
- I can only imagine what you must be going through, but I will try to understand the best I can.
- I really miss you. What can I do to help?
- I would love to spend some time with you, and I'm more than willing to be your shoulder to lean on. Maybe we can grab coffee and catch up?
- I hate seeing you down. What can I do to help?
- I can see that you are struggling and it makes me upset. What can I do?
- I believe in you and I know you can get through this. I will be here every step of the way.
- I don't like the thought of you dealing with this alone. Maybe I can come over or we could go somewhere together?

## TRUE or FALSE?

1. Asking someone if they've considered suicide is dangerous because it could actually prompt them to try it.

FALSE.

1. If someone talks about suicide, it's unlikely they are serious and will actually do it.

FALSE.

It's OK to ask if someone is OK.



# 1. LISTEN

- DO: Listen to their feelings & fears;
- DON'T: minimize & give advice.

# 2. RESPOND

- DO: Respond with any concerns or questions;
- DO: Communicate you care.
- DON'T: Try to talk them out of feeling bad or invalidate feelings (“It’s silly for you to feel that way”).

# 3. REFER

- DO: refer to a health-care provider or mental-health resource.
- DO: Go together, if possible.





WHAT TO EXPECT FROM YOUR  
FIRST THERAPY VISIT.



NOT THIS.



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# "C.B.T."

## COGNITIVE BEHAVIORAL THERAPY



What if I don't live  
near a counselor?





Consider TELEHEALTH.



## TELEHEALTH BENEFITS ...

- Anyone with a home computer, laptop or smart phone can access it.
- Can receive therapy from the comfort and privacy of your home.
- Offers a Skype-/ FaceTime-style video experience while visiting with therapist.
- Covered by most insurance.
- Uses a HIPAA-compliant link to protect confidentiality.
- In our tech-savvy world, most clients find this to be a comfortable and natural way to connect with therapist.





**DON'T LET MONEY BE THE DECISION-MAKER AS TO WHETHER YOU SHOULD TAKE CARE OF YOUR HEALTH OR NOT.**

- We have received funds that can help offset co-pays and deductibles.
- We offer sliding fee scales and payment plans.
- We are always happy to find affordable ways to work with you and your family. Your mental well-being is our No. 1 concern.

“What is the bravest thing you've ever said? asked the boy.  
'Help,' said the horse.  
'Asking for help isn't giving up,' said the horse. 'It's refusing to give up.’”

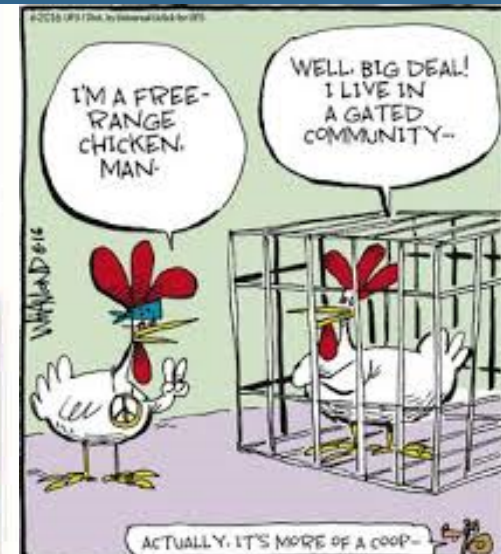
— Charlie Mackesy, [The Boy, the Mole, the Fox and the Horse](#)

Sometimes you just gotta let go and laugh.

### Riding lawn mower

\$1,500

Riding mower for sale, mows the tall grass with ease, doesn't need gas, has a fertilizer attached to rear. FCFS, NH, OOS.





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## WHERE TO GET HELP

- NDSU Extension offers resources for dealing with farm/ranch stress: [www.ag.ndsu.edu/farmranchstress](http://www.ag.ndsu.edu/farmranchstress)
- Abound Counseling at LSSND offers in-person and statewide telehealth counseling services. Payment options include sliding fee, health insurance and no-fee options through LSSND's Abundant Care fund: (701) 223-1510
- In an emergency, call 9-1-1
- For First Link Help Line, call 2-1-1
- National suicide-prevention hotline (available 24 hours/day): (800) 273-8255

*For non-emergency situations, speak with your health care professional about mental-health services in your area.*



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