

Communicating with Farmers Under Stress Workshop

Numerous factors may cause stress for farmers. Many farmers face financial problems, price and marketing uncertainties, farm transfer issues, production challenges and more. You may know farmers who struggle with stress, anxiety, depression, burnout, indecision or suicidal thoughts. You want to help, but maybe are not sure what to say or do. Or maybe you find yourself having to deliver difficult news to farmers. This workshop will help you recognize and respond when you suspect a farmer or farm family member might need help. *(Note: This workshop is specific to agri-business professionals and service providers who work with farmers, ranchers, and their families.)*

Are you interested instead in having SDSU Extension come to your organization to present the Communicating with Farmers Under Stress workshop specifically to your professionals and/or board members that work directly with farmers and farm families? We would love to visit with you more about your specific needs, dates for training, and a fee structure for providing that workshop.

Weathering the Storm in Agriculture: How to Cultivate a Productive Mindset.

Farming and ranching is stressful, and we know that numerous factors may cause stress for you and your families. SDSU Extension invites you to attend a 1.5 hour workshop designed to help you and your family understand the signs and symptoms of chronic stress, and how to handle stress for a more productive mindset on the farm. The workshop is free. *(Note: This workshop is specific to farmers, ranchers, and their families.)*

For more information on these workshops, please contact:
Suzanne Stluka, SDSU Extension Food & Families Program Director
Suzanne.Stluka@sdstate.edu; 605-688-4038

Krista Ehlert, Assistant Professor & SDSU Extension Range Specialist
Krista.Ehlert@sdstate.edu; 605-394-2236

Mental Health First Aid

Extension personnel have been trained to offer mental health first aid workshops across South Dakota. Mental health first aid teaches participants how to identify, understand, and respond to signs of mental illnesses and substance use disorders in their community. For more information on mental health first aid, please contact:

Andrea Bjornestad, Assistant Professor & SDSU Extension Mental Health Specialist
Andrea.Bjornestad@sdstate.edu; 605-688-5125

Better Choices Better Health (BCBH)

The workshop will teach participants new ways to manage their chronic conditions. Workshops are held once per week for six weeks. Each 2.5 hour session is led by trained leaders who have chronic conditions themselves. Participants will have more energy, less fatigue, and lead a more active lifestyle. For more information or to register, visit BetterChoicesBetterHealthSD.org or call 1-888-484-3800.

SDSU Extension Ag Business Tools and Aids

<https://extension.sdstate.edu/agriculture/agbusiness>

Heather Gessner, SDSU Extension Livestock Management Field Specialist

Heather.Gessner@sdstate.edu; 605-782-3290

Jack Davis, SDSU Extension Crops Business Management Field Specialist

Jack.Davis@sdstate.edu; 605-995-7378

SDSU Extension Family Finance Tools and Aids

<https://extension.sdstate.edu/family/family-finances>

Lorna Wounded Head; SDSU Extension Family Resource Management Field Specialist

Lorna.WoundedHead@sdstate.edu; 605-782-3290

SDSU Extension Mental Health

Dr. Bjornestad is an invited speaker on rural mental health in South Dakota and the impact of stress on mental health (depression and suicide risk) in agricultural producers. She also helps connect farmers and ranchers to counseling services in their area.

Andrea Bjornestad, Assistant Professor & SDSU Extension Mental Health Specialist

Andrea.Bjornestad@sdstate.edu; 605-688-5125