



## Workshop: Communicating With Farmers Under Stress

**WHEN:** June 5, 1:00 pm

**WHERE:** Snyder Classroom  
West Central Research &  
Extension Center,  
402 W State Farm Road,  
North Platte, Nebraska 69101

**COST:** Free  
Registration requested  
by June 3.  
Call: 308-532-2683  
or Email:  
[randy.saner@unl.edu](mailto:randy.saner@unl.edu)

This workshop is meant to be presented specifically to agricultural professionals who work with farmers and ranchers.

For more information  
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### PURPOSE

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.

### OBJECTIVES

Build awareness around potentially stressful conditions affecting some farmers.

Learn stress triggers, identify signs of stress and review helpful techniques for responding.

Learn techniques for identifying, approaching and working with farmers who may not cope with stress effectively.

Learn where to go for additional help.

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