

Name

## Company

Email

Phone

## Address

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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| MARKETING PIECE   | QUANTITY |
|---|----------|
| <input type="checkbox"/> General Facts Flyer                      |          |
| <input type="checkbox"/> General Facts Flyer Spanish              |          |
| <input type="checkbox"/> Youth Flyer                              |          |
| <input type="checkbox"/> Youth Flyer Spanish                      |          |
| <input type="checkbox"/> Mental Health and Crisis Resources Flyer |          |
| <input type="checkbox"/> Stress and Farming Flyer                 |          |
| <input type="checkbox"/> Stress and Farming Flyer Spanish         |          |
| <input type="checkbox"/> Wallet Card                              |          |
| <input type="checkbox"/> Wallet Card Spanish                      |          |
| <input type="checkbox"/> Wallet Card Stand with Insert            |          |
| <input type="checkbox"/> Wallet Card Stand with Insert Spanish    |          |
| <input type="checkbox"/> Table Tent                               |          |
| <input type="checkbox"/> Yard Sign/Stake                          |          |
| <input type="checkbox"/> Magnet                                   |          |
| <input type="checkbox"/> Window cling                             |          |
| <input type="checkbox"/> Takeaway card                            |          |
| <input type="checkbox"/> Bag                                      |          |
| <input type="checkbox"/> Stress test card                         |          |
| <input type="checkbox"/> Pen                                      |          |
| <input type="checkbox"/> Tractor Stress Reliever Red              |          |
| <input type="checkbox"/> Tractor Stress Reliever Green            |          |
| <input type="checkbox"/> Rally Fan                                |          |
| <input type="checkbox"/> Can Koozie                               |          |
| <input type="checkbox"/> Bookmark                                 |          |
| <input type="checkbox"/> Connect postcard                         |          |
| <input type="checkbox"/> Post It Notes                            |          |

## THANK YOU FOR YOUR SUPPORT

We are always looking for new ways to help farmers and farm families in need of mental health assistance. Please let us know if you have any thoughts or ideas for additional marketing outreach. We appreciate your generosity in helping us to aid in mental health by spreading awareness of the SIU Medicine Farm Family Resource Initiative.

*See samples of available items on following pages.  
Quantities are limited.*

All items listed are provided and shipped at no charge thanks to financial support provided by the Illinois Department of Human Services, the Division of Mental Health.

## OTHER MARKETING MATERIALS

FFRI can provide other marketing materials such as ads, social media, and articles that are not listed on this order form. To put in a request, contact Karen Stallman at or [karenstallman@siu.edu](mailto:karenstallman@siu.edu) with details.

## **EMAIL COMPLETED FORM TO**

**Karen Stallman** karenstallman@siu.edu



**SIU MEDICINE**  
CENTER FOR RURAL HEALTH &  
SOCIAL SERVICE DEVELOPMENT  
[siumed.org/farm](http://siumed.org/farm)

# Flyers

8.5"x11" | Single-sided

Click title to enlarge and see English and Spanish

Nine out of 10 farmers agree:  
Financial issues, business or farming problems,  
and fear of losing the farm affect their mental health.

Here's one less worry: Help is available 24/7.

Source American Farm Bureau Federation

Farming has always been a stressful occupation. It's not surprising to learn that farmers' anxiety levels have risen during the past two years. SIU's Center for Rural Health and Social Service Development is leading the effort to create a network of support and resources for Illinois farm families.

The Farm Family Resource Initiative seeks to improve the health and well-being of Illinois farm owners and families by:

- Identifying resources for providing mental health support
- Linking farmers to available resources
- Developing a network of partners to respond to your needs
- Where necessary, creating new resources to provide aid

The program offers a range of tools, including a 24/7 helpline, text, email and website services, and education and training for farmers to help them maintain the safety of farm families at no cost to the farmer or farm family member with the support of grant funding. Telehealth counseling is also available for up to six individual, couple or group sessions.

**CALL**  
**1-833-FARMSOS**  
(833-327-6767)

**EMAIL**  
FarmFamilyResourceHelpline@mhsil.com

**VISIT**  
siumed.org/farm

**WE ALL NEED SOMEONE WE CAN TALK TO**



**SIU MEDICINE**  
CENTER FOR RURAL HEALTH & SOCIAL SERVICE DEVELOPMENT

For more information, contact Karen Stallman at [kstallman88@siumed.edu](mailto:kstallman88@siumed.edu) or 618-73-0759

**MENTAL HEALTH & CRISIS RESOURCES**

  
  


**988 Suicide and Crisis Lifeline**  
24/7 free and confidential support, prevention and crisis resources for you or your loved ones. Trained 988 operators provide crisis support, and referrals to mobile crisis teams or the 911 system as needed.  
**CALL** 9-8-8  
**TEXT** 9-8-8  
**CHAT** [988lifeline.org/chat](http://988lifeline.org/chat)  
**VISIT** [988lifeline.org](http://988lifeline.org)

**NAMI Helpline**  
Free, confidential 24/7 support, offering information, referral resources, and support, M-F, 9am-9pm  
**CALL** 1-800-999-6364 (NAMI)  
**CHAT** [nami.org/help](http://nami.org/help)  
**TEXT** "NAMI" to 62640  
**EMAIL** [helping@nami.org](mailto:helping@nami.org)  
**VISIT** [nami.org](http://nami.org)

**Crisis Text Line**  
Free, 24/7 support at your fingertips  
**TEXT** "HOME" to 747-741  
**CHAT** [connect.crisistextline.org/chat](http://connect.crisistextline.org/chat)  
**VISIT** [crisistextline.org](http://crisistextline.org)  
**APP** WhatsApp:  
Text "HOME" to 74741 or 443-HELP4U to 435748.  
**VISIT** [samhsa.gov/find-help/national-helpline](http://samhsa.gov/find-help/national-helpline)

**SAMHSA National Helpline**  
24/7 Treatment, referral and information for individuals and families facing mental and/or substance use disorders.  
**CALL** 1-800-662-4357 (HELP)  
**TTY** 1-800-487-4889  
**TEXT** Text your zip code or HELP4U to 435748.  
**VISIT** [samhsa.gov/find-help/national-helpline](http://samhsa.gov/find-help/national-helpline)

**Call 911**  
If there is immediate danger to you or someone else.

Let dispatcher know  
the crisis is a  
mental health crisis.

Ask for a mobile crisis team  
and/or a CIT-trained officer  
(Crisis Intervention Team).

Give necessary  
mental health information  
on individual/situation.

Information presented by the SIU Medicine Farm Family Resource Initiative and NAMI Illinois.

## General Facts Flyer

Available in Spanish

## Mental Health and Crisis Resources Flyer

**Feeling uneasy, alone, exhausted?**

**WE ALL NEED SOMEONE WE CAN TALK TO**



**SCAN ME**

9 out of 10 begin using before the age of 18

Substance use is the 2nd leading cause of death by 15-19 yr olds

1 in 5 teens and young adults lives with a mental health condition

**SOMEONE YOU CAN TALK TO**

**CALL**  
**1-833-FARM-SOS**

**EMAIL**  
FarmFamilyResourceHelpline@mhsil.com

**VISIT**  
siumed.org/farm for more resources



**SIU MEDICINE**  
CENTER FOR RURAL HEALTH & SOCIAL SERVICE DEVELOPMENT

**STRESS AND FARMING IN THE MODERN WORLD**

**Chronic stress is hazardous to your health.**  
**Chronic stress is a growing problem.**  
**Reach out for help if you're feeling overworked.**

**Are There Farmers in Your Family?**  
The Southern Illinois University School of Medicine Center for Rural Health and Social Service Development (CRHSSD) partners with our rural and agricultural neighbors through our Farm Family Resource Initiative (FFRI). Discover how we're helping farm owners and farm families connect with physical and mental health resources that can help them stay safe and serve their community.

**CALL**  
**1-833-FARMSOS**  
(833-327-6767)

**EMAIL**  
FarmFamilyResourceHelpline@mhsil.com

**CONFIDENTIAL | 24/7**  
**SOMEONE YOU CAN TALK TO**

Interpretive services are available

**988 SUICIDE & CRISIS LIFELINE**  
If you or someone you know needs support now, call or text 988 or chat [988lifeline.org](http://988lifeline.org)

  


**SIU MEDICINE**  
CENTER FOR RURAL HEALTH & SOCIAL SERVICE DEVELOPMENT

## Youth Flyer

Available in Spanish

## Stress and Farming Flyer

Available in Spanish

**WE ALL NEED  
SOMEONE WE  
CAN TALK TO**

**1-833-FARM-SOS**



**SOMEONE YOU CAN TALK TO**

**CALL: 1-833-FARM-SOS (1-833-327-6767)**

**EMAIL: FarmFamilyResourceHelpline@mhsil.com**

**VISIT: siumed.org/farm**

**FARM FAMILY  
RESOURCE INITIATIVE**



## Wallet Card

.5"x2", Double-sided, Wallet card holder also available | Available in Spanish



## Wallet Card Holder Insert

5"x7" | Available in Spanish



## Wallet Card Holder



## Yard Sign

24"x18" | Double-sided | Stakes available

## Table tent

4.5"x6.5" | Double-sided



**TO REDUCE STRESS YOU MUST LEARN TO RELAX.  
SOME OF THE SUGGESTIONS BELOW WILL HELP YOU:**

1. Take slow deep breaths until you begin to feel your body relaxing.
2. Close your eyes and think of beautiful mountain vistas and coastal sunsets.
3. Imagine yourself relaxing on a warm beach, listening to the soft melodic sounds of the surf.
4. Concentrate on all the happy times in your life. Relax!

**Farm Family Resource Initiative**  
1-833-FARM-SOS | [siumed.org/farm](http://siumed.org/farm)

Stress test card  
3.375" x 2" | Double-sided



Magnet  
3.5" x 2"



Window cling  
5" x 7"



**You don't have to go through it alone.**  
The Farm Family Resource Initiative (FFRI) offers confidential support for farmers and their families.

**Services include:**

- 24/7 helpline
- Telehealth counseling
- Support groups and webinars
- Resources for farm families

All calls are confidential and answered by trained professionals who understand farm life. There is no charge to participate thanks to the generous financial support provided by the Illinois Department of Human Services, Division of Mental Health.

**CALL:** 1-833-FARM-SOS (1-833-327-6767)  
**EMAIL:** [FarmFamilyResourceHelpline@mhsil.com](mailto:FarmFamilyResourceHelpline@mhsil.com)  
**VISIT:** [siumed.org/farm](http://siumed.org/farm)



Takeaway card  
6" x 4" | Double-sided



Bag  
7.75" x 9" d



Pen



Stress reliever tractor  
Available in green or red



The Farm Family Resource Initiative offers a range of tools to improve the health and well-being of Illinois farm owners and families:

- 24/7 Helpline available via phone, text or email
- Telehealth counseling
- Bereavement & grief support groups
- Wellness in the Fields podcast
- Succession planning seminars
- Online resource guide



Financial support for FFRI is provided by the Illinois Department of Human Services, the Division of Mental Health and Developmental Disabilities, Agriculture in cooperation with USDA National Institute of Food and Agriculture.



Rally fan



Can koozie



Connect postcard  
6"x4"



Post It notes

## General Article

Word count: 390

# Taking the Initiative to Help Farmers

Over the past few years, the topic of mental health has become more prevalent in our daily lives. Constant change and stress, compounded by the pandemic, has left many people feeling depressed or anxious – to the point it affects their health. Farmers and those involved in agriculture are not immune to these challenges.

Help is here and it's only a phone call away. SIU Medicine has new programs to assist farmers and their families, and to train medical professionals to understand the specific needs for those in rural areas.

The Farm Family Resource Initiative (FFRI) is a network of support and resources for farmers and their families, including a helpline (1-833-FARM-SOS). The confidential 24/7 helpline connects you to health professionals who specialize in ag-related stress.

This means you are talking to medical professionals living in Illinois who can relate to the local economy, weather, and other daily stressors specific to our region.

In addition to email and website services, telehealth counseling sessions are available for those in need of additional support. Up to six individual, couple or group sessions are available. All FFRI services are offered at no cost to the farmer or farm family member with the support of grant funding.

FFRI Program Coordinator, Karen Stallman lives on a farm in southern Illinois and understands the challenges farm families may encounter.

"I call it the drip, drip, drip of constant stress. In farming there tends to be a new challenge each day and nothing seems easy" Stallman says.

FFRI also provides opportunities for health care professionals to learn more about farming-related issues and earn CME credits through its Rural Community Mental Health program. The virtual training illuminates how mental and physical health issues can impact those working in farming and agriculture. To learn more, visit [siumed.org/farm/events-and-webinars](http://siumed.org/farm/events-and-webinars).

In addition, the AgriSafe Nurse Scholar Program is available to rural nurses through on-demand webinars. These lessons will increase knowledge in prevention, identification and assessment of diseases related to agricultural work exposures. Details are at [learning.agrisafe.org/nurse-scholar-program](http://learning.agrisafe.org/nurse-scholar-program).

Many stressful issues confront those in agriculture. Please check on friends, family members and neighbors regularly. Spread the word about the Farm Family Resource Initiative and encourage others to reach out and talk to someone. It may save the life of someone you know!

Find out more at [siumed.org/farm](http://siumed.org/farm).

## Print Ads

Click link to download

**WE ALL NEED SOMEONE WE CAN TALK TO**

NO COST | CONFIDENTIAL | 24/7



CALL

**1-833-FARMSOS**

(833-327-6767)



Telehealth counseling sessions with SIU Medicine counselors are available for those in need of additional support. Up to six individual, couple or group sessions are available at no cost to the farmer or farm family member with the support of grant funding.

EMAIL

FarmFamilyResourceHelpline@mhsil.com

VISIT

siumed.org/farm

Someone is always here to listen. **Anytime. Anywhere.**

We know the struggles of farming and are here to help.



**SIU MEDICINE**  
CENTER FOR RURAL HEALTH & SOCIAL SERVICE DEVELOPMENT

Print Ad 10" x 10"

**WE ALL NEED SOMEONE WE CAN TALK TO**



**CALL**  
**1-833-FARMSOS**  
(833-327-6767)

**EMAIL**  
FarmFamilyResourceHelpline@mhsil.com

**VISIT**  
siumed.org/farm



Telehealth counseling sessions with SIU Medicine counselors are available for individuals, couples or groups in need of additional support.

**WE ALL NEED SOMEONE WE CAN TALK TO**

Someone is always here to listen. Anytime. Anywhere.

The Farm Family Resource Initiative knows the struggles of farming and are here to help.



**SIU MEDICINE**  
CENTER FOR RURAL HEALTH & SOCIAL SERVICE DEVELOPMENT

Print Ad 3.5" x 2"

Someone is always here to listen.  
**ANYTIME. ANYWHERE.**



There is no charge to participate thanks to the generous financial support provided by the Illinois Department of Human Services, Division of Mental Health.

Print Ad 6" x 8"

# Social Media Graphics

Right click and choose save image as



**WE ALL NEED  
SOMEONE WE  
CAN TALK TO**

**CALL**  
**1-833-FARMSOS**  
(833-327-6767)





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(833-327-6767)





**WE ALL NEED  
SOMEONE WE  
CAN TALK TO**

**CALL**  
**1-833-FARMSOS**  
(833-327-6767)



We all need someone we can talk to. The Farm Family Resource Initiative provides a confidential helpline 1-833-FARM-SOS to assist farmers with mental and physical health needs. Visit [siumed.org/farm](http://siumed.org/farm) to learn about the FFRI, valuable resources, upcoming events, and more.