

Name

Company

Email

Phone

Address

City

State

Zip

Where/how will you use the marketing materials? What date do you need the materials by?

How did you hear about the Farm Family Resource Initiative?

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 with details.

EMAIL COMPLETED FORM TO

Karen Stallman karenstallman@siu.edu



SIU MEDICINE
CENTER FOR RURAL HEALTH &
SOCIAL SERVICE DEVELOPMENT

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 important needs, including mental health support
- Linking you 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 rural partners to improve the health and 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 or 618-713-0759

General Facts Flyer

Available in Spanish

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 immediate 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
VISIT: 988lifeline.org

NAMI Helpline
Trained peer volunteers offering information, referral resources, and support. M-F, 9am-5pm
CALL: 1-800-950-6264 (NAMI)
CHAT: nami.org/help
TEXT: "NAMI" to 62640
EMAIL: helpline@nami.org
VISIT: nami.org/help

Crisis Text Line
Free, 24/7 support at your fingertips
TEXT: "HOME" to 741-741
CHAT: connect.crisistextline.org/chat
VISIT: crisistextline.org
APP: WhatsApp
Text "HELLO" to 741741 or 442-SUPPORT for English
Text "HOLA" to 741741 or 442-AYUDAME for Spanish

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

211
Confidential assistance in finding resources in your area like housing, food, transportation and health care resources.
CALL: 2-1-1
VISIT: 211.org

National Domestic Violence Hotline
Free, confidential, 24/7 support for those affected/involved with domestic violence.
CALL: 1-800-799-7233 (SAFE)
TTY: 1-800-787-3224
TEXT: "START" to 88788
CHAT: thehotline.org
VISIT: thehotline.org

National Sexual Assault Hotline
Free, confidential 24/7 support, help, advice and resources.
CALL: 1-800-656-6673 (HOPE)
TEXT: "HOPE" to 64673
CHAT: online.rainn.org
VISIT: rainn.org

IL Helpline for Opioids & Other Substances
Public resource for finding substance use treatment and recovery services in Illinois.
CALL: 1-833-234-6343 (FINDHELP)
CHAT: helplineil.org/ask-a-qa
TEXT: Text "HELP" to 833234
VISIT: helplineil.org

IL Warmline
Free support for emotional support, recovery education, self-advocacy support, and referrals. M-Sa, 8am-8pm, excluding holidays.
CALL: 1-866-359-7953
TTY: 1-866-880-4459
VISIT: illoismentalhealthcollaborative.com

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.

Mental Health and Crisis Resources Flyer

Feeling uneasy, alone, exhausted?

WE ALL NEED SOMEONE WE CAN TALK TO

SCAN ME

9 out of 10 living with addictions begin using before the age of 18

Suicide 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

Interpretive services are available

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

Youth Flyer

Available in Spanish

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

SIU MEDICINE
CENTER FOR RURAL HEALTH & SOCIAL SERVICE DEVELOPMENT

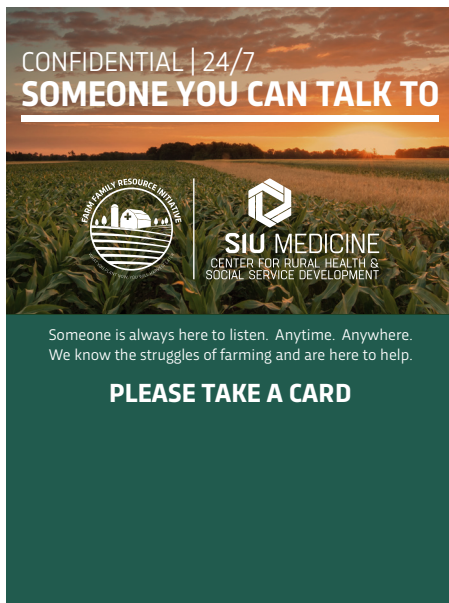
Stress and Farming Flyer

Available in Spanish



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

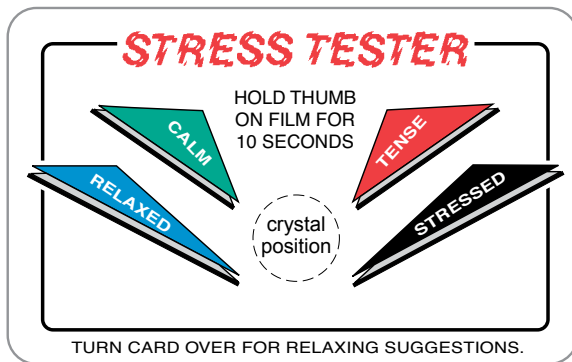


Yard Sign

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

Stress test card
3.375"x2" | Double-sided



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
VISIT: siumed.org/farm



Takeaway card
6"x4" | Double-sided



Magnet
3.5" x 2"



Window cling
5"x7"



Bag
7.75"x9"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



Bookmark
2"x8"



Rally fan



Connect postcard
6"x4"



Can koozie



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.

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.

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.

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)

EMAIL

FarmFamilyResourceHelpline@mhsil.com



VISIT

siumed.org/farm



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.

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

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ANYTIME. ANYWHERE.**



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Print Ad 6" x 8"

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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.

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

VISIT
siumed.org/farm

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

Print Ad 3.5" x 2"

Social Media Graphics

Right click and choose save image as



**WE ALL NEED
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**CALL
1-833-FARMSOS
(833-327-6767)**



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(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 to learn about the FFRI, valuable resources, upcoming events, and more.