

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"/> Poster 1	
<input type="checkbox"/> Poster 1 Spanish	
<input type="checkbox"/> Youth Poster	
<input type="checkbox"/> Youth Poster Spanish	
<input type="checkbox"/> Poster 2	
<input type="checkbox"/> Poster 2 Spanish	
<input type="checkbox"/> Poster 3	
<input type="checkbox"/> Poster 3 Spanish	
<input type="checkbox"/> Wallet Card	
<input type="checkbox"/> Wallet Card Spanish	
<input type="checkbox"/> Wallet Card Holder	
<input type="checkbox"/> Wallet Card Holder Spanish	
<input type="checkbox"/> Table Tent	
<input type="checkbox"/> Yard Sign/Stakes	
<input type="checkbox"/> Pen	
<input type="checkbox"/> Tractor Stress Reliever Red	
<input type="checkbox"/> Tractor Stress Reliever Green	
<input type="checkbox"/> Can Koozie	
<input type="checkbox"/> Post It Notes	
<input type="checkbox"/> Rally Fan	
<input type="checkbox"/> Mousepad	

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's 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 Illinois Department of Human Services, Division of Mental Health and the Illinois Department of Agriculture in cooperation with USDA National Institute of Food and Agriculture.

OTHER MARKETING MATERIALS

FFRI can provide other marketing materials such as advertisements, social media, and articles that are not listed on this order form. To put in a request, contact Karen Stallman at **618.713.0759** or karenstallman@siu.edu with details.

RETURN COMPLETED FORM TO

Karen Stallman | karenstallman@siu.edu
Program Coordinator | Ag Resource Specialist



SIU MEDICINE
CENTER FOR RURAL HEALTH &
SOCIAL SERVICE DEVELOPMENT

siumed.org/farm

To submit form electronically,
please download pdf.

Posters

8.5"x11" | Single-sided | Other sizes available upon request
Click title to enlarge, see English and Spanish or download.

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 OR TEXT
1-833-FARMSOS
(833-327-6767)

EMAIL
FarmFamilyResourceHelpline@mhsil.com

VISIT
siumed.org/farm

For more information: Contact Karen Stallman, Ag Resource Specialist, at kstallman88@siumed.edu | 618-713-0759

WE ALL NEED SOMEONE WE CAN TALK TO

SIU MEDICINE
CENTER FOR RURAL HEALTH & SOCIAL SERVICE DEVELOPMENT

Poster 1

Available in Spanish

WE ALL NEED SOMEONE WE CAN TALK TO

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

EMAIL
FarmFamilyResourceHelpline@mhsil.com

VISIT
siumed.org/farm for more resources

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

Telehealth counseling sessions with SIU Medicine counselors are available for those in need of additional support.

Farm Family Resource Initiative services are available at no cost to the farmer or farm family member with the support of grant funding.

Poster 2

Available in Spanish

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 live with a mental health condition

SOMEONE YOU CAN TALK TO

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

EMAIL
FarmFamilyResourceHelpline@mhsil.com

FREE | 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

Poster 3

Available in Spanish



SOMEONE YOU CAN TALK TO

CALL OR TEXT: 1-833-FARM-SOS (1-833-327-6767)
EMAIL: FarmFamilyResourceHelpline@mhsil.com
VISIT: siumed.org/farm



FARM FAMILY RESOURCE INITIATIVE




Wallet Card

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

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

Someone is always here to listen. Anytime. Anywhere.
 We know the struggles of farming and are here to help.

PLEASE TAKE A CARD

WE ALL NEED SOMEONE WE CAN TALK TO
1-833-FARM-SOS






SOMEONE YOU CAN TALK TO

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

EMAIL
 FarmFamilyResourceHelpline@mhsil.com

VISIT
 siumed.org/farm for more resources

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.

Wallet Card Holder Insert

5"x7"
 Available in Spanish

Table tent

4.5"x6.4"
 Double-sided




SIU MEDICINE
 CENTER FOR RURAL HEALTH &
 SOCIAL SERVICE DEVELOPMENT
 siumed.org/farm

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

Yard Sign
 24"x18"
 Double-sided
 Stakes available



Pen



Stress reliever tractor
Available in green or red



Rally fan



Post It notes



Can koozie



Mousepad

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 text, 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 Ag Resource Specialist 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.edu/ffri-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 OR TEXT

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



EMAIL

FarmFamilyResourceHelpline@mhsil.com



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
siumed.org/farm

Print Ad 10" x 10"

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



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

EMAIL
FarmFamilyResourceHelpline@mhsil.com

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



SIU MEDICINE
CENTER FOR RURAL HEALTH &
SOCIAL SERVICE DEVELOPMENT
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.

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

CALL OR TEXT
1-833-FARM-SOS
(1-833-327-6767)

Someone is always here to listen. Anytime. Anywhere.
The Farm Family Resource Initiative know the struggles of farming and are here to help.



SIU MEDICINE
CENTER FOR RURAL HEALTH &
SOCIAL SERVICE DEVELOPMENT
siumed.org/farm

Print Ad 3.5" x 2"

Print Ad 6" x 8"

Social Media Graphics

Right click and choose save image as



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.