Name		
Company		
Email		Phone
Address		
City		State Zip
	<u> </u>	What date do you need the materials by?
How did you hear about the Far	,	
MARKETING PIECE	QUANTITY	THANK YOU FOR YOUR SUPPORT We are always looking for new ways to help farmers and
□ Poster1		farm families in need of mental health assistance. Please
□ Poster 1 Spanish		let us know if you have any thoughts or ideas for additional
☐ Youth Poster		marketing outreach. We appreciate your generosity in helping
☐ Youth Poster Spanish		us to aid in mental health by spreading awareness of the SIU Medicine's Farm Family Resource Initiative.
☐ Poster 2		
☐ Poster 2 Spanish		See samples of available items on following pages. Quantities are limited.
☐ Poster 3		
☐ Poster 3 Spanish		All items listed are provided and shipped at no charge thanks
☐ Wallet Card		to financial support provided by Illinois Department of Human Services, Division of Mental Health and the Illinois Department
☐ Wallet Card Spanish		of Agriculture in cooperation with USDA National Institute of
☐ Wallet Card Holder		Food and Agriculture.
☐ Wallet Card Holder Spanish		OTHER MARKETING MATERIALS
☐ Table Tent		FFRI can provide other marketing materials such as
☐ Yard Sign/Stakes		advertisements, social media, and articles that are not listed on
□ Pen		this order form. To put in a request, contact Karen Stallman at 618.713.0759 or karenstallman@siu.edu with details.
☐ Tractor Stress Reliever Red		_
☐ Tractor Stress Reliever Green		RETURN COMPLETED FORM TO
☐ Can Koozie		Karen Stallman karenstallman@siu.edu Program Coordinator Ag Resource Specialist
☐ Post It Notes		- 1.108.am coordinator 1.48 resource opecianst
☐ Rally Fan		JANUA RESOURCE IN
☐ Mousepad		

Posters

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



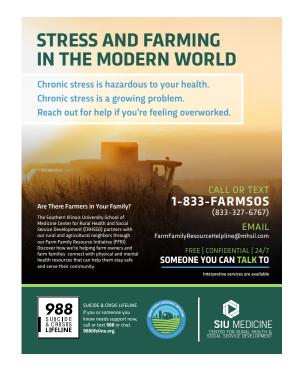
Poster 1
Available in Spanish



Poster 2
Available in Spanish







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









Table tent 4.5"x6.4" Double-sided



Yard Sign 24"x18" Double-sided Stakes available



Pen



Stress reliever tractor

Available in green or red



Rally fan



Post It notes







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 or of 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



CALL OR TEXT

1-833-FARMSOS

(833-327-6767)

EMAII

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.





Print Ad 10" x 10"





Print Ad 3.5" x 2"

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.