

...National Hunting & Fishing Day

(Continued from previous page)

TPWD also offers mentored hunting workshops to introduce new hunters to the experience and teach needed skills. The Hunting for Beginners webpage also offers a wealth of information.

Texans who want to learn to fish can also find many resources on the TPWD Fishing for Beginners webpage: how to get started, safety, basic gear assembly, tackle boxes and supplies, bait and lures, how to cast and more.

Individuals interested in becoming a volunteer fishing instructor can visit the TPWD angler education instructor website. Fishing events around the state are listed on the online event page and no license is required to fish from the shore or dock at a Texas State Park.

Congress launched NHF Day in 1971 to recognize hunters and anglers for their leadership in wildlife and conservation. In 1972, Richard Nixon signed the first presidential proclamation to hold it on the fourth Saturday in September every year to celebrate the rich tradition of hunting, target shooting and fishing.

Farm State of Mind addresses stress in agriculture

By Emmy Powell
TFB Communications Specialist

Stress and the demand from farming and ranching can have an impact on mental health and well-being of farmers, ranchers, farm workers and agricultural professionals.

There are many factors that can make farming and ranching more challenging and increase levels of anxiety, depression and even increased cases of suicide.

The American Farm Bureau Federation (AFBF) Farm State of Mind campaign has resources that can help farmers and ranchers.

The program builds awareness to reduce stigma and provides access to information and resources that promote farmer and rancher mental health wellness.

“Farm State of Mind is American Farm Bureau’s mental well-being campaign,” Jessica Cabrera, managing director of Member Engagement for AFBF, said. “We work to increase awareness and reduce stigma regarding mental health challenges for farmers and ranchers, and we also work to increase access to information, resources and training for farm and ranch communities across the United States.”

Multiple studies show that farmer suicide rates are two to five times higher than the national average.

Factors such as natural disasters, extreme weather events, financial uncertainty, fluctuating markets, labor shortages and trade disruptions, among others, contribute to extreme stress for farmers and ranchers who often live in a very



Cross Country! Robert Lee Junior High (bottom photo) and High School Cross Country teams kicked off their season on September 4 at Eula.

isolated setting.

The Farm State of Mind webpage features many resources available to help if you or someone you know is struggling.

Included is a national resource directory that is searchable by state, national, resource type and resource name to get the help you or someone you know needs.

“We have a national resource directory, helpful tips and videos,” Cabrera said. “There’s a peer-to-peer support network with access to free counseling and consultation services. There’s a free, on-demand rural resilience training and lots of resources for help with opioid misuse.”

Addressing and moving past the stigma that comes alongside mental health challenges are important.

“Farming is a very demanding profession, and there are many, many unique stressors for farmers and ranchers across this country, and unfortunately,

suicide rates are two to five times higher than the average rate,” Cabrera said. “This is something that we have to stop. Farmers and ranchers at the farm communities need to believe and understand that reaching out for help is not a sign of weakness. It

is a sign of strength, and having a healthy farm is nothing if there’s not a healthy you.”

Texas also has the AgriStress Helpline available 24/7 at 833-897-2474.

Everyone who answers the helpline is familiar with

agriculture and the challenges farmers and ranchers face.

For more information on the AgriStress Helpline, visit farmlifehelp.com.

For more information on the Farm State of Mind campaign, visit fb.org/farmstateofmind.

**Please Pray for our Communities,
Our County, Our State and Our Country**



And Don't Forget to Pray for Rain!