



**TIMES CAN BE TOUGH
AND STRESSFUL
IN RURAL COMMUNITIES.**

**THE BRAVEST THING YOU
CAN DO IS TALK ABOUT IT.**

CALL / TEXT / CHAT 988

Times can be tough for ranchers, farmers, and oil and gas workers who may struggle with economic instability, social isolation, or chronic pain. It takes courage to talk about anxiety and stress. Confidential and free support is here for you 24/7.

Let's step together for mental health.



HEALTH CARE
AUTHORITY



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