

Suicide

is the #10 leading cause of death nationwide, outnumbering auto deaths by 14%.

The rate is **even higher** in rural areas.

Suicide Prevention for Ag Workers



Arkansas
AgrAbility

UofA

**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System



The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.

UofA **DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**
University of Arkansas System

The Rural Problem

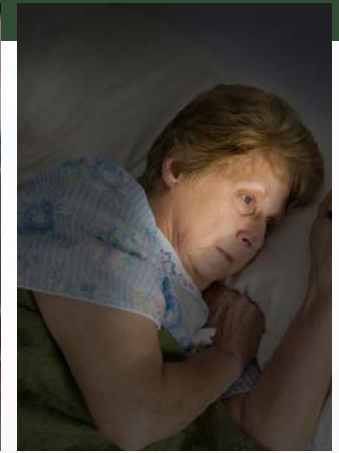
Agriculture work is stressful, unpredictable and dangerous. And unfortunately, ag workers, their families and the communities that depend on agriculture often find it difficult to obtain access to mental health care and treatment. Behavioral health services for stress, depression, anxiety disorders, addiction, marital and family counseling and suicide prevention are frequently scarce in rural areas.

Among rural counties with populations less than 20,000, nearly three-fourths lack a psychiatrist. Communities must generally depend upon general practitioners who may not have adequate training or time resources. Add to that the lack of health insurance among many farm families and the negative stigma attached to mental illness, and treatment for ag workers with mental health issues becomes even more challenging.

Suicide and mental illness are linked, yet mental illnesses — especially in rural areas — remain the most under or untreated diseases. Unsurprisingly, the suicide rate among rural males is higher than their urban counterparts across the entire country.



Most people who commit suicide don't want to die... they just want to stop hurting.



It's important to know that a suicidal person may not ask for help. Know the warning signs and take them seriously.

Suicide warning signs

- Thinking or talking about wanting to die
- Researching ways to die
- Expressing feelings of hopelessness
- Feeling trapped or in unbearable pain
- Concerns about being a burden to others
- Increased use of alcohol or drugs
- Acting anxious or agitated
- Behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Expressing rage or revenge
- Displaying extreme mood swings

How to help someone at risk

- Talk to them openly and directly
- Listen and allow their feelings without being judgmental
- Be available, involved and supportive
- Don't be stern or shocked
- Offer hope, never glib solutions
- Remove means of suicide like weapons or pills if possible
- Never allow yourself to be sworn to secrecy

Suicide is preventable. If you or someone you know is thinking about suicide, get help! Call the national suicide prevention hotline at 1-800-273-TALK (8255). In the event of an emergency call 911 or visit your local hospital emergency room.

**National Suicide Prevention Lifeline:
1-800-273-TALK (8255)**

