

Montana Ag Producer Stress Resource Clearinghouse

A MSU Extension project funded by a grant from the Montana Healthcare Foundation



MONTANA
STATE UNIVERSITY

EXTENSION



The Need: Many Montana farmers, ranchers, and their families have reported high feelings of stress, without knowing exactly how to effectively manage it or where to go for further mental health resources. Especially given the high reported rates of stigma that continue to surround these issues, the lack of an online, central place where individuals can anonymously access stress and mental health resources presents a problem.

Meeting that Need:

A website clearinghouse has been online since April 2020

MSU Extension created an online clearinghouse of evidence-based tools, information, and professional resources so that Montana farmers, ranchers, and their families can better understand the causes of their stress, how to manage their stress more effectively, how to talk to a loved one that needs assistance, or where to go for professional help in their area.

THE MONTANA AG PRODUCER STRESS CLEARINGHOUSE WEBSITE HAS HAD:



12,553

page views

*April 2020-October 2022

Information viewed by visitors to the Clearinghouse*

What is Stress?

210 visitors spent average of two minutes learning about stress

Manage Your Stress

673 visitors spent an average of 2.56 minutes reading about ways to manage their stress, which include eating well, seeking help, getting enough sleep, decreasing alcohol consumption, and exercising.

Determine Your Stress Level

204 Surveys Taken

Get Help Now

192 visitors have looked at the professional mental health resources to help friends and family in immediate need of assistance.



Supporting Montana's Ag Producers

Visit our website for resources to support you or someone you care for:

- | | |
|----------------------|----------------------|
| Coping with Stress | Caring for Family |
| Financial Management | Mental Health |
| Caring for Others | Financial Assistance |
| Personal Health | Substance Use |

Search **MT Ag Stress Resources**
or visit msuextension.org/wellness



Informational Marketing:

Over 5000 wallet cards, and 3000 magnets and 2700 stress ball animals that provide links to and information on the clearinghouse have been distributed around Montana. MSU Specialists in Health & Wellness and Mental Health have provided radio and television interviews and presentations throughout Montana.