

# IT'S OK TO ASK FOR HELP

Have you experienced problems like rising costs, market fluctuations, family conflicts, or extreme weather?

---

Are you stressed or feeling defeated?

---

Even the toughest people **NEED HELP** sometimes.

**AgriStress**  
**HELPLINE** <sup>SM</sup>  
for Missouri

 **833.897.2474**  
call or text



Scan the QR  
code to save  
the number!



**MISSOURI**  
dept. of  
**Agriculture**

