

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
HELPLINESM
for Oregon



Scan code
to save the
number!

 833.897.2474
call or text



Oregon State University
Extension Service

