

# 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>®</sup>  
for Virginia

 **833.897.2474**  
call or text



*Scan code  
to save the  
number!*

