

The **University of Maryland Extension Farm Stress Management Team** provides education and outreach on topics related to mental and physical wellness for farmers, families, and communities. Specifically, we focus on developing resources to alleviate stressors driven by financial, legal, or mental health issues.

### The Program's Goals

Raise Awareness • Provide Training • Create and Share Resources

### The Program's Three Core Principles



#### Observe

##### *What do you see?*

Physical and Mental  
Emotional and  
Behavioral  
Social and Relational

#### Engage

##### *How do you respond?*

Validate Feelings  
Show Empathy  
Offer Support

#### Share

##### *Where are the resources?*

Referral Resources  
Financial Resources  
Legal Resources

**FOR MORE INFORMATION: [go.umd.edu/farmfamily](https://go.umd.edu/farmfamily)**



## Topics the UME Farm Stress Management Team Addresses

- Mental Health
- Communication Strategies
- Managing Stress
- Grief and Loss
- Stigma Reduction
- Navigating Health Insurance
- Legal Resources
- Financial Management
- Retirement Planning
- Succession Planning



Several components of the UME Farm Stress Management program are offered in partnership with the Maryland Department of Agriculture, Sustainable Agriculture Research and Education (SARE) program, and the United States Department of Agriculture.

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