



**Up to 5 free  
teletherapy  
sessions!**



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an equal opportunity/ADA institution

## **MU PSC Skills for Psychological Recovery for Farm & Ranch Stress**

To request free teletherapy services,  
follow the confidential link:

**<http://muext.us/PSCFarmRanch>**

Email us at, [adpsc@missouri.edu](mailto:adpsc@missouri.edu) or call  
**573-882-4677** for more information.

Any Missouri farmer or rancher, or  
member of their immediate family is  
eligible for services.