

# Coping with Stress on the Farm



 **Extension**  
*University of Missouri*

an equal opportunity/ADA institution

# Telehealth counseling: Fact or Fiction

Did you know you have access to free telehealth counseling at the touch of a button? Telehealth counseling, or teletherapy, is growing in popularity due to its convenience and accessibility. Build coping skills with confidential telehealth counseling from a trusted source.

Take the quiz and test your knowledge of telehealth counseling. Choose whether the statements are **TRUE** or **FALSE**.



## Take the quiz

**TRUE** **FALSE**

Telehealth counseling is not available in my area.	<input type="checkbox"/>	<input type="checkbox"/>
Telehealth counseling is difficult to use.	<input type="checkbox"/>	<input type="checkbox"/>
Telehealth counseling is not for emergencies.	<input type="checkbox"/>	<input type="checkbox"/>
Telehealth counseling is not safe and secure.	<input type="checkbox"/>	<input type="checkbox"/>
Telehealth counseling visits are less effective than an office visit.	<input type="checkbox"/>	<input type="checkbox"/>
Telehealth counseling could save me money.	<input type="checkbox"/>	<input type="checkbox"/>



**Telehealth counseling is not available in my area.**

**X FALSE**

Telehealth counseling, also known as phone, online, or virtual therapy, is available to you in the comfort of your own home, wherever that may be.



**Telehealth counseling is difficult to use.**

**X FALSE**

Don't let the technology worry you. If you have a computer or smart phone, you can use telehealth counseling.

Teletherapy can be delivered in a variety of ways including phone, video, or even text. If you need help getting set-up, call (573) 882-4677.



**Telehealth counseling is not for emergencies.**

**✓ TRUE**

Telehealth counseling is not intended for emergencies. If you or a loved one is experiencing a crisis, call 988 right away to get immediate support and guidance.

**Telehealth counseling is not safe and secure.**

**X FALSE**

All telehealth counseling services are provided through a secured video conferencing platform. Confidentiality is ensured as information is not shared publicly.



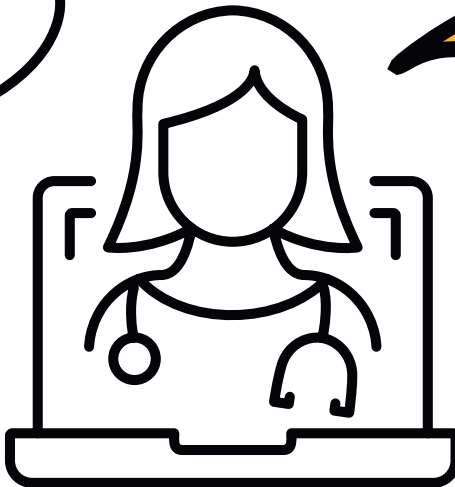
**Telehealth counseling visits are less effective than an office visit.** **X FALSE**

When used effectively, teletherapy offers you quality counseling and cost savings. Open communication with your telehealth counselor is essential. Your provider wants you to get the best care whether it is done virtually or in-person.



**Telehealth counseling could save me money.** **✓ TRUE**

Any Missouri farmer, rancher, farmworker, or immediate family member is eligible for free teletherapy counseling. With no travel, telehealth counseling also cuts down on time away from work which can save you time and money.



**REQUEST FREE  
TELEHEALTH  
COUNSELING**



[muext.us/PSCFarmRanch](https://muext.us/PSCFarmRanch)

# REQUEST FREE ONLINE COUNSELING

Build coping skills with confidential, telehealth counseling from a trusted source.



**Any Missouri farmer, rancher, farmworker, or immediate family member is eligible.**

Request free confidential telehealth counseling  
[muext.us/PSCFarmRanch](https://muext.us/PSCFarmRanch)

Scan QR code with a smartphone camera to visit the link.



## References

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- Telehealth for Behavioral Health Care. Individual teletherapy | Telehealth.HHS.gov.(n.d.). <https://telehealth.hhs.gov/providers/best-practice-guides/telehealth-for-behavioral-health/individual-teletherapy>
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# Find Online Mental Health Resources in Missouri

## Missouri Department of Agriculture

[agriculture.mo.gov/stress.php](http://agriculture.mo.gov/stress.php)

## Show-Me Strong Farm Families

[facebook.com/ShowMeStrongFarmFamilies/](https://facebook.com/ShowMeStrongFarmFamilies/)  
[extension.missouri.edu/programs/agrability/show-me-strong-farm-families](https://extension.missouri.edu/programs/agrability/show-me-strong-farm-families)

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