



**Coping with Stress on the Farm**

 **Extension**  
*University of Missouri*

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

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

To request free teletherapy counseling, follow the confidential link:  
**<http://muext.us/PSCFarmRanch>**

More information:  
Email: **[adpsc@missouri.edu](mailto:adpsc@missouri.edu)**  
Phone: **573-882-4677**





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