

## **PUBLIC SERVICE ANNOUNCEMENT**

For release during 2005 National Farm Safety and Health Week

### **OUR BEHAVIOR: IMPORTANT COMPONENT IN FARM SAFETY AND HEALTH**

Behavior is one of the few factors that farmers can control during the upcoming harvest. Are we calm or frustrated, careful or willing to take a risk, adequately rested or overly tired? We can't control the weather conditions, commodity prices, or fully prevent machinery breakdowns. But, farmers and farmhands can control whether or not we pace ourselves properly, get adequate rest to stay fresh and maintain proper perspective.

When farmers need help with stress and behavioral management, this help can be obtained from several confidential and free telephone counselors in the Midwest.

Iowa: 800-447-1985

[www.extension.iasate.edu/iowaconcern](http://www.extension.iasate.edu/iowaconcern)

Kansas: 866-327-6578

[www.ksu.edu/farmksu](http://www.ksu.edu/farmksu)

Nebraska: 800-464-0258

[www.uccnebraska.org/mission/RuralLife.html](http://www.uccnebraska.org/mission/RuralLife.html)

North Dakota: 2-1-1

[www.mhand.org](http://www.mhand.org)

South Dakota: 800-644-1349

[www.sfcatholic.org](http://www.sfcatholic.org)

Wisconsin: 800-942-2474

<http://datcp.state.wi.us/core/agriculture/farm-center>

AgriWellness, Inc., a nonprofit organization, headquartered in Harlan, IA, works with these farmer-friendly telephone services to offer supports to people involved in agriculture. AgriWellness can be reached at:

AgriWellness, Inc.

1210 7<sup>th</sup> Street, Suite C

Harlan, IA 51537

Phone: (712) 235-6100

Fax: (712) 235-6105

Email: [info@agriwellness.org](mailto:info@agriwellness.org).

Website : [www.agriwellness.org](http://www.agriwellness.org)