



Southern Ag Exchange Network

Reliable tools for a better tomorrow.

## What's causing the stress?

A life centered on agriculture, farming, or ranching comes with a unique set of challenges for workers and their families.

People commonly experience stress from:

- Increasing economic uncertainty
- Occupational demands
- Weather and climate
- Social Isolation
- Stigma surrounding help seeking
- Market uncertainties
- Physical health and injury
- Family conflict
- Legal issues



## SAGe enables connections and solutions.

The Southern Ag Exchange Network (SAGe Network) provides reliable tools to alleviate stressors in the agricultural community.

By coordinating resources to reduce and respond to stress, the SAGe Network supports the overall well-being of people and families in farming, ranching and other agriculture-related occupations.

Improving wellbeing today fosters better tomorrows for people in agriculture.

## Agriculture is hard work. But some struggles are simply too much.

We see a future where the naturally hard work of agriculture isn't worsened by stressors that make living or working feel impossible.

**Farm stress is real.** It shows up differently for each person. Too many people in agriculture are hiding or failing to recognize common signs and symptoms that touch all aspects of life:

**Physical**—headaches, exhaustion, trouble sleeping, unexplained muscle tightness

**Emotional**—irritability, anxiety, sadness

**Mental**—memory loss, trouble concentrating

**Behavioral**—violence, increased farm accidents, misuse of alcohol and/or drugs

**Relationships**—withdrawal, less interest in family activities, verbal outbursts

## Barriers to Care and Resources

Many resources can help improve wellness in agricultural communities, but accessing those options can be difficult.

SAGe helps overcome barriers to resources and care, such as:

- Lack of agriculture-specific training for mental health providers
- Prohibitive costs
- Proximity and availability of services
- Lack of time-off to seek care
- Unreliable internet access
- Uncertainty about best resource to access
- Discrimination by service providers



## Our Partnership Network

A variety of resources can reduce stress and its impacts in agricultural communities – if they are brought together effectively, and made easily accessible to those who need them most.

SAGe does exactly that. Our network partners specialize in the following areas and more:

- Funding and finances
- Disaster recovery
- Remote and in-person mental health services
- Business education and networking
- Advocacy for dairy, fishing, pork, vegetable crops, ranching, and more
- Land loss prevention & management
- Substance use counseling and treatment
- Healthcare
- Legal services

In addition, SAGe works continuously to develop new resources to meet the changing needs of individuals and families in agriculture.



## Farm stress is real.

SAgE Network helps people find relief.

People and families in farming, ranching and other agriculture-related occupations deal with countless stressors that can impact every aspect of life — work, family, and personal.

The Southern Ag Exchange Network (SAgE Network) provides reliable tools and connections to alleviate stressors in the agricultural community, and enable a brighter future.

### Connect with Us



[southernagexchange.org](https://southernagexchange.org)



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Programs in agriculture and natural resources, 4-H youth development,  
family and consumer sciences, and resource development.  
University of Tennessee Institute of Agriculture, U.S Department of Agriculture  
and county governments cooperating.  
UT Extension provides equal opportunities in programs and employment.