

00:00:00:00 - 00:00:23:01

Speaker 1

Talking with someone that, you know, always stressed out. Those are difficult things to approach, but if you're good friends with those people, reach out and say, I'm here to talk to you, or we can find somewhere to get some assistance. It's hard to get involved, but in the same time, you want to just say, hey there is help available.

00:00:23:04 - 00:00:30:00

Speaker 2

For more tips and dealing with stress and agriculture, or for free counseling for Ag producers, visit [beyond the weather.com](http://beyondtheweather.com).