

Kelsey Talking to Friends

I'm Dave Kelsey. I farm and ranch at Stillwater County. Part of the reason you're out, you're out there an egg is you're your own boss. You've kind of isolated yourself by choice. Talking with someone that you know is stressed out. Whether they're in a depression or because of finances or or, certain family circumstances or whatever. 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. We can find some somewhere to get some assistance, that type of thing. I think the worst thing to do would be just to not say anything and just act like that's an issue they're dealing with, and I don't need to get involved.

It's hard to get involved, but in the same time, you want to just say, hey, there is help available.

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