

# IT'S OK TO ASK FOR HELP

Have you experienced problems like rising costs, market fluctuations, family conflicts, or extreme weather?

Are you stressed or feeling defeated?

Even the toughest people  
**NEED HELP** sometimes.

**AgriStress**  
**HELPLINE**<sup>®</sup>  
for Montana

 **833.897.2474**  
call or text



Scan code  
to save the  
number!

