

# 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®**  
for Oregon



**833.897.2474**  
*call or text*



Scan code  
to save the  
number!



**Oregon State University  
Extension Service**