



# Farmer Stress

Even those with toughened hands and hearts need someone to talk to. Extreme weather conditions, machinery breakdowns, a volatile ag environment, long hours that prevent time with family, and lowered income all cause frustration.

Avera offers the Farmer's Stress Hotline. It's free, confidential and available 24/7.

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Call today at 1-800-691-4336.

**Avera** 