

Symptoms of Stress

Physical Symptoms

- Headaches
- Stomach problems
- Rising blood pressure
- Rapidly beating heart
- Clenched teeth
- Diminished sexual interest

Emotional Symptoms

- Impatience
- Frustration
- Depression
- Angry outbursts
- Difficulty controlling emotions
- Low self-esteem

Behavioral Symptoms

- Increase in smoking and/or drinking
- Trouble adapting to changing circumstances
- Finding it hard to relax or sleep
- Communication problems
- Verbal or physical abuse
- Sarcastic arguments

If you or someone you love is showing signs of stress please contact:

Patrick O'Hara, LMSW
800-343-7527

NYCAMH

A program of Bassett Healthcare



Established by the New York State Legislature in 1988. Recognizing the unacceptably high rates of occupational injury and illness in New York's largest industry, the legislature has charged NYCAMH to provide:

- Research into the causes and prevention of agricultural injury and illness
- Education and prevention activities within the farm community
- Education of professionals serving the farm community
- Clinical help for farm-related health problems

NYCAMH
One Atwell Road
Cooperstown, NY 13326
Phone: (607) 547-6023
Toll Free: (800) 343-7527
Fax: (607) 547-6087
Website: www.nycamh.com
E-mail: info@nycamh.com

New York Center for Agricultural Medicine And Health

Farm Partners



“Enhancing agricultural and rural health by preventing and treating occupational injury and illness.”



About Farm Partners

The very nature of farming itself is the cause of stress for farming families. Farming can be an isolated profession, as farmers traditionally work long hours, often alone, and in adverse conditions.

Farm Partners provides confidential assistance to farmers and their families with stress related issues, at **no cost** to the farmer.

A team of case managers, counselors, safety specialists, medical professionals and educators at NYCAMH collaborate to support farmers and their families with stressful issues.

Life Can Change

How does a farmer continue to farm after sustaining a disabling injury or medical condition?



Critical Family Issues

For the farmer, "Work is home and home is work." Family issues are interwoven with work every day.



Complex System

Applying for state insurance programs or hospital financial assistance can be overwhelming.



WE CAN...

- Provide **one-on-one support** and counseling for stress related issues.
- Facilitate **family meetings** to help resolve conflict and assist with decision making.
- **Assist you** with problem solving.
- Provide **grief support** when dealing with personal loss.
- **Guide you** through the application process when applying for state health insurance programs, Social Security Disability Insurance, and other services.
- **Represent you** when applying for Medicaid or Hospital Financial Assistance.
- Help **disabled farmers** to continue farming.
- **Refer you** to the appropriate state program or human service agency.

We will help you sort out your concerns.

We will come to the farm.

We understand farming.

For assistance or more information
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