

**Confidential & Anonymous
Confidential Support for Ontario
Farm Families**



You Can Help
By Making a Donation
to

The Farm Line Support Service
Box 569
Winchester ON K0C 2K0
www.thefarmline.ca
General inquiry: promotion@thefarmline.ca

Charitable # 85742 5607 RR0001

If you just need a listening
ear and would like to talk to
someone, call

1-888-451-2903

Monday to Friday
8:30 a.m. to 8:00 p.m.

Bilingual Service Available



O nline Resource Directory

The web site has many informational
resources available. You can find
information on topics dealing with financial
and legal subjects, self-help, stress, and
many others.
Links to a variety of subjects,
including your local weather, can be found
on the web site.

The Farm Line Support Service

Need Someone to Talk to?

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On-line Resource Directory



- › *For Farmers and Farm Families*
- › *Confidential & Anonymous*
- › *Peer Support & Referral*
- › *Toll Free*
- › *Referral*
- › *Bilingual*
- › *Online Resources*

www.thefarmline.ca

Peer Support

- Family Problems
- Marital/Couple Problems
- Addictions
- Succession Planning
- Financial Difficulties
- Dealing with Rapid Changes in Agriculture
- Grieving
- Stressed Out
- Serious Accident or Traumatic Event
- Other Problems

Referral:

We can refer you to helpful personal, financial, or legal resources in your own community.

Serious Accident or other Traumatic Event:

On farms and in life, serious accidents and other traumatic events will set off a chain of normal reactions including sadness, anger, guilt, fear, confusion and a feeling of being overwhelmed, which may lead to physical symptoms of illness.

The Farm Line Support Service can connect you to professionals who specialize in helping people who have experienced traumatic events.

TIPS TO STAY POSITIVE

- › *You are not alone*
- › *Ask for help before you need it*
- › *Talk to someone who can listen well*
- › *Avoid isolating yourself*
- › *Focus on what you can do*
- › *Listen to your body*
- › *Know your physical limitations*
- › *Stop being concerned about what others think*
- › *Eat for health*
- › *Limit use of alcohol*
- › *Set priorities.*
- › *Be consistent*
- › *Spend time and energy wisely*
- › *You share beliefs with others*

Need Someone to Talk to ?

1-888-451- 2903