



**24/7 Lifeline**

**TIMES CAN BE TOUGH  
AND STRESSFUL  
IN RURAL COMMUNITIES.**

**THE BRAVEST THING YOU  
CAN DO IS TALK ABOUT IT.**

**CALL / TEXT / CHAT 988**

Times can be tough for ranchers, farmers, and oil and gas workers who may struggle with economic instability, social isolation, or chronic pain. It takes courage to talk about anxiety and stress. Confidential and free support is here for you 24/7.

**Let's step together for mental health.**



**Visit [988NM.org](https://988NM.org) for more info**

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