



NEW YORK STATE SENATOR

Pamela Helming

## Senator Helming to Hold Stress Management Seminar for Farmers

SENATOR PAM HELMING April 9, 2018

GENEVA – Senator Pam Helming today announced that she has joined with New York FarmNet and New York Farm Bureau to host a free seminar on recognizing and managing stress for farmers, farm families, and agri-service providers. Many recent media reports have highlighted the negative impact falling milk and commodity prices are having on farm families. The event will take place on Thursday, April 19 from 9:30 a.m. to 3:30 p.m. at Jordan Hall at the New York State Agricultural Experiment Station, located at 630 W. North St., Geneva.

Representatives from New York FarmNet will give presentations on how to recognize both personal and financial stress and how to manage it within the unique climate of the agricultural community. Representatives from New York Agricultural Mediation Program and New York Center for Agricultural Medicine and Health will also join representatives from New York FarmNet for a panel discussion on stress management. Attendance is free, and lunch will be provided for those who register at [www.bit.ly/FarmStress419](http://www.bit.ly/FarmStress419).

“Our farmers and agri-businesses are the backbone of our rural communities and New York State’s economy. The challenges our farmers face today are unique and complex, as farmers work 24 hours a day, seven days a week, and often bring their stress home with them. I am proud to partner with NY FarmNet and New York Farm Bureau to host this timely event. We need to support our farmers, farm families, and agri-service providers now more than ever. I

am excited to also announce that in this year's state budget, we were able to secure extra funding for NY FarmNet so that the organization may hire another personal counselor to help solve the problems that farmers in our communities face," Senator Helming said.

This event is being held in conjunction with NY FarmNet, NY Farm Bureau, NY Agricultural Mediation Program, NY Center for Agricultural Medicine and Health, and the New York State Legislative Commission on Rural Resources, of which Senator Helming is Senate Chair.