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Southwest Center

FOR AGRICULTURAL HEALTH, INJURY PREVENTION, AND EDUCATION

Monthly Safety Blast

Produced by the Southwest Center for Agricultural Health, Injury Prevention and Education

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The Final Seed

It was planting season, and stress was high. Matt worried about the weather and worked around the clock to get his crop in the ground on time. He hadn't slept in three nights and was struggling to make decisions.

"I remember thinking 'I wish I could pick you up and put you in the car like you do with a child,'" Ginnie says. "And then I remember thinking ... and take you where? Who can help me with this? I felt so alone."

Ginnie felt an "oppressive sense of dread" that intensified as the day wore on about her husband. At dinnertime, his truck was gone and Matt wasn't answering his phone. It was dark when she found the letter. "I just knew," Ginnie says. She called 911 immediately, but by the time the authorities located his truck, Matt had taken his life.

A few years back, a study by the Centers for Disease Control and Prevention (CDC) found that people working in agriculture – including farmers, farm laborers, ranchers, fishers, and lumber harvesters – take their lives at a rate higher than any other occupation. The data suggested that the suicide rate for agricultural workers in 17 states was nearly five times higher compared with that in the general population.

Warning Signs of Suicide

If someone you know is showing one or more of the following behaviors, he or she may be thinking about suicide. Don't ignore these warning signs. Get help immediately.

- Talking about wanting to die or to kill oneself



- Looking for a way to kill oneself
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

Don't wait for the 'final seed' sometimes called the 'last straw.'
Get help for yourself or your loved ones before a
trying time becomes a tragedy.

In the US, the National Suicide Prevention Lifeline is 1-800-273-8255. In the UK the Samaritans can be contacted on 116 123. In Australia, the crisis support service Lifeline is on 13 11 14. Other international suicide helplines can be found at www.befrienders.org.



Take the **The Final Seed** quiz to test your knowledge!

Resources:

- <http://www.sprc.org/>
- <https://www.cdc.gov/mmwr/volumes/65/wr/mm6525a1.htm>
- <https://www.cdc.gov/violenceprevention/pdf/suicidetechnicalpackage.pdf>
- <https://www.mentalhealth.gov/>
- <https://www.theguardian.com/us-news/2017/dec/06/why-are-americas-farmers-killing-themselves-in-record-numbers>

Disclaimer: The facts and information listed above are merely suggestions for your safety, but are in no way a comprehensive and exhausted list of all actions needed to insure your safety.

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Sharing is caring!

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Produced by the Southwest Center for Agricultural Health, Injury Prevention and Education. For more information, contact us at 903-877-5998 or by email to agcenter@uthct.edu.
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