



FarmFirst
Resources and support for farmers

FARM FIRST

LESS STRESS, MORE FARMING

CONTACT US AT:

802-318-5539

WWW.FARMFIRST.ORG

Karen Crowley

karenc@farmfirst.org

FARM FIRST provides farmers and their families counseling and access to resources and information to reduce stress. Our staff include licensed counselors and an agricultural resource coordinator, all with an interest and experience in agriculture.

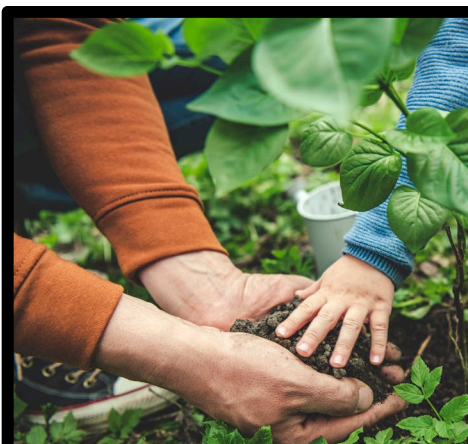
Farm First is a Vermont-based public, not-for-profit program jointly sponsored by the Vermont Agency of Agriculture and the Vermont Agency of Human Services' Invest EAP Centers for Wellbeing.

We can assist you remotely through videoconferencing and in person, oftentimes right at your farm.

FARM FIRST provides confidential help with any personal or work-related issue:

- Family/relationship conflicts
- Alcohol/drug problems
- Legal/financial concerns
- Anxiety/depression
- Health/disability needs
- Impacts of natural disasters
- And more...

FARM FIRST services are free to ALL Vermont farmers and their family members.



***FARM FIRST**, we're here to help!*
