

Examples: Making Referrals

“Your situation must be really stressful for you right now. This is a normal reaction to an abnormal event (BSE). The Manitoba Farm & Rural Stress Line (MFRSL) has information on BSE. They may be able to give you some insight into how to deal with this.”

“The MFRSL has people to talk to who farm and have been through situations like the one you are dealing with right now. They may be able to provide you with some insight into the things they did, and how they coped. You may want to give them a call.”

“This must be a very difficult time for you – there must be all kinds of issues and emotions you are having to deal with. The MB. Farm & Rural Stress Line has people who farm that have been through similar circumstances. They may be able to help you to look at what you need to get through this tough time.”

“I can see you are very angry. I can see why you may be feeling that way. The MFRSL staff are farmers who understand what you are going through and can offer you some ways to deal with the stress you are going through.”

“This must be a very difficult time for you. The MFRSL might be a good resource for you right now, because they have information on _____. They have trained people who are also farmers, and they might be able to help you figure this out.”

“Stress affects all aspects of our lives: business, personal, family relationships. Have you ever considered talking with the folks at the MFRSL? They have experience in this area and can help. Can I give you their card/pamphlet/toll free #? There is no charge, and you don't have to give your name.”

(Source: Saskatchewan Farm Stress Line)

