Chris Kuehn has benefited from almost every resource that Extension provides. “Nebraska Extension provides direction and programs for farmers to gain knowledge in many areas of our careers. With their association with Farm Bureau we are equipping the next generation of agriculture workers through the BRAG program. Most recently the Extension program has provided encouragement through helping farmers deal with stress and anxiety by providing direction to places to find help. Extension is a valuable tool that I personally appreciate daily.”, Kuehn is a farmer, 4-H leader and Farm Bureau Member.

“I already put the hotline numbers on my phone and shared them with several others in case they encounter people who may use these numbers.”
- Farmer Stress Participant

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