

Are you or someone you know experiencing drought conditions? Here are some tips and resources that focus on national and state specific drought resources.

- i** Reach out to your lender or other partners sooner rather than later when experiencing challenging conditions.

DROUGHT RESOURCES BY STATE

VIRGINIA

Virginia Department of Environmental Quality

- <https://www.deq.virginia.gov/our-programs/water/water-quantity/drought>

Drought.gov

- <https://www.drought.gov/states/virginia>

Virginia Department of Agriculture and Consumer Services

- Hay Clearing House: <https://www.vdacs.virginia.gov/pdf/hay.pdf>

WEST VIRGINIA

West Virginia Department of Agriculture

- <https://agriculture.wv.gov/divisions/executive/drought-assistance-resources/>

WVU Extension

- Farm Family Wellness Alliance Quick Guide to Drought Management: <https://extension.wvu.edu/agriculture/pasture-hay-forage/pasture-based-livestock/quick-guide-to-drought-management>

Drought.gov

- <https://www.drought.gov/states/west-virginia>

MARYLAND

Maryland Department of the Environment

- <https://mde.maryland.gov/programs/water/droughtinformation/pages/index.aspx>

Drought.gov

- <https://www.drought.gov/states/maryland>



ADDITIONAL DROUGHT RESOURCES

Drought Monitor

- University of Nebraska-Lincoln: <https://droughtmonitor.unl.edu/>

Drought Protection and Recovery

- USDA: <https://www.farmers.gov/protection-recovery/drought>

Noninsured Crop Disaster Assistance Program

- USDA: <https://www.fsa.usda.gov/programs-and-services/disaster-assistance-program/noninsured-crop-disaster-assistance/index>

Risk Management Agency

- USDA: <https://www.rma.usda.gov/en>

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i Drought and other crisis situations can induce stress. It is important to remember the warning signs of stress and be willing to have a conversation about it.

WARNING SIGNS OF STRESS

Physical

Headaches
Ulcers
Frequent Sickness
Backaches
Sleep Disturbances

Emotional

Sadness
Anger
Anxiety
Bitterness
Loss of Humor

Behavioral

Irritability
Withdrawal
Alcoholism
Acting Out
Backbiting

Cognitive

Memory Loss
Lack of Concentration
Inability to Make Decisions
Decreased Self-Esteem

HOW TO START CONVERSATIONS

It can be difficult to start conversations on the topic of stress. Here are some tips to get you started:

- Acknowledge their feelings. "What you're going through must be difficult, how are you managing?"
- Show interest. "You mentioned that meeting was really stressful, can you tell me more about it?"
- Don't be afraid to ask. "You seem to be thinking about a lot, is there anything I can do to help you?"
- Stay present and connected. "You mentioned maybe seeking help, I can help connect you to a resource."



Scan the QR code to access additional mental health resources with the Focus on Well-being Resource Guide.



DROUGHT RESPONSE STRATEGIES

Drought Management Strategies to Consider

- Pasture Management
- Forage Saving / Destocking Options
- Alternative Feeds
- Water Quality and Heat Stress
- Financial Options

Things to ask yourself when working through strategies

- Does it move towards my vision or goals?
- Is it feasible?
- Will it make an impact?
- Do the benefits outweigh the cost?

Drought Response Strategies, National Drought Mitigation Center - <https://drought.unl.edu/ranchplan/WriteaPlan/DevelopStrategies/DroughtResponseStrategies.aspx>

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