**Rural Realities Podcast**

**Season 2, Episode 7**

**“Addiction – Signs, Recovery, and Hope” with Megan Wolf, Dual Diagnosis Counselor**

Coping with stress through substance use is not uncommon. Nearly 50 percent of rural Americans and 74 percent of farmers have been directly impacted by opioid misuse, according to a 2017 survey by the National Farmers Union and the American Farm Bureau Federation. Dual Diagnosis Counselor Megan Wolf discusses the signs of addiction, recovery options, and that there is hope for people who struggle with substance use with Farm Center’s Karen Endres.

Experiencing a challenge on the farm? Contact the Wisconsin Farm Center! With more than a hundred years of collective agriculture experience, the Wisconsin Farm Center team offers free and confidential financial and transition planning services, conflict mediation, veterinary diagnostic analysis, and more. They can be reached at 800-942-2474 or farmcenter@wisconsin.gov. More information on programs and services is available at <https://farmcenter.wi.gov>.

If you are experiencing increased stress, depression, anxiety, suicidal thoughts, or just need a welcoming ear to talk to, please contact the free and confidential 24/7 Wisconsin Farmer Wellness Helpline at 888-901-2558 for immediate support. In-person and tele-counseling sessions are also available by request.