



## Resources

## CALIFORNIA

- To talk with a trained person about stress and depression or find local resources call **1-800-784-2433**, 24/7

## ILLINOIS

- *Illinois Farm Bureau* • Mental Health & Wellness: <https://www.ilfb.org/resources/farmer-rural-resources/mental-health-wellness/>
- *Illinois Department of Agriculture*- 2019 Flood & Disaster Assistance: <https://www2.illinois.gov/sites/agr/Pages/Mental-Health-Assistance-for-Farmers-.aspx>

## INDIANA

- *Farm Groups Partner to Help Farmers Manage Stress*: <https://indianafarmersunion.org/2019/12/11/farm-groups-partner-to-help-farmers-manage-stress/>

## IOWA

- *Iowa State University, Extension and Outreach* • <https://www.extension.iastate.edu/iowaconcern/>
- Farm Stress Management, publications, webinars, resources: <https://www.extension.iastate.edu/dairyteam/farm-stress-management>
- *Iowa Concern Hotline*: 800-447-1985 • Legal, Finance, Stress, Crisis/Disaster • Free, confidential, 24/7
- *Your Life Iowa*: 855-581-8111 (call) or 855-895-8398 (text) • <https://www.yourlifeiowa.org/>
- *Community Crisis Services*: 855-325-4296 • <https://builtbycommunity.org/> • Email or Chat website: <https://www.iowacrisischat.org/>

## KANSAS

- *Kansas Ag Stress Resources*: <https://www.kansasagstress.org/> • Regional Concern Hotline: 1-800-447-1985 • free 24/7
- *Kansas Suicide Prevention Line*: 1-785-841-2345
- *Kansas Farm Bureau* • Mental Health Resources: <https://www.kfb.org/Article/Mental-Health-Resources>

## MICHIGAN

- *Michigan State University* • Managing Farm Stress: [https://www.canr.msu.edu/managing\\_farm\\_stress/](https://www.canr.msu.edu/managing_farm_stress/)

## MINNESOTA

- *Minnesota Farm and Rural Helpline*: 833-600-2670 x1 • free, confidential, 24/7 • <https://www.mda.state.mn.us/about/mnfarmerstress>
- *Rural Mental Health Specialists*: Ted Matthews: 320-266-2390 (serves south of Hwy 12) • Monica McConkey: 218-280-7785 (serves north of Hwy 12)
- *Mobile Crisis Teams by county*: <https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/adult-mental-health/resources/crisis-contacts.jsp>
- *University of Minnesota Extension*: Farm Info Line: 1-800-232-9077 • <https://extension.umn.edu/rural-stress> • counseling, advocacy, legal, referral resources • Helping children cope: <https://extension.umn.edu/stress-and-change/helping-children-cope>
- *NAMI-MN Crisis Resources*: <https://namimn.org/support/resources/crisis-resources/>

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## NEBRASKA

- *University of Nebraska-Lincoln*: Resources on Stress Management for Farm and Ranch Families: <https://droughtresources.unl.edu/stressmgresources>
  - *Nebraska Rural Response Hotline*: 1-800-464-0258 • *The Kim foundation*: 800-273-TALK (8255) • <https://www.thekimfoundation.org/>
  - *Nebraska Farm Bureau*: Ag Issues and Advocacy, Disaster Assistance: <https://www.nefb.org/get-involved/disaster-assistance>
  - *Nebraska Department of Agriculture*: <https://nda.nebraska.gov/resources/> • *NDA Hotline*: 800-831-0550 • *NE blizzard/flooding resources, links to resources*
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## NEW YORK

- *College of Agriculture and Life Sciences*  
*FarmNet*: 1-800-547-3276 • [www.nyfarmnet.org](http://www.nyfarmnet.org) • *Farm Stress Management*: <https://www.nyfarmnet.org/farm-stress>  
*New York State County Mental Health Directory*: [http://www.clmhd.org/contact\\_local\\_mental\\_hygiene\\_departments/](http://www.clmhd.org/contact_local_mental_hygiene_departments/)
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## OHIO

- *Ohio State University* • *Rural and Farm Stress*: <https://extension.osu.edu/about/resources/extension-task-forces/rural-and-farm-stress>
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## PENNSYLVANIA

- *Center for Dairy Excellence*: <https://www.centerfordairyexcellence.org/> • *Local help*: 717-346-0846
  - *Stress and Wellness Resources*: <https://www.centerfordairyexcellence.org/programs-resources/stress-wellness-resources/>
  - *Planning Resources*: <https://www.centerfordairyexcellence.org/programs-resources/financial-planning-resources/>
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## SOUTH DAKOTA


- *South Dakota Department of Ag* • *Farm and Rural Stress Hotline*: 1-800-691-4336, free, confidential, available 24/7
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## WISCONSIN

- *Wisconsin Department of Ag* • *Farm Center Help Line*: 1-800-942-2474 • [https://datcp.wi.gov/Pages/Growing\\_WI/FarmCenterOverview.aspx](https://datcp.wi.gov/Pages/Growing_WI/FarmCenterOverview.aspx)  
*Counseling* (no cost to farmers, vouchers provided) • *Transition planning, beginning farmer assistance, financial analysis & planning*
  - *Connecting rural communities with resources to recognize & manage stress*: <https://fyi.extension.wisc.edu/news/2019/06/18/farm-stress-resources/>
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## ***United States of America Resources***

### ***National Suicide Prevention Lifeline:***


 1-800-273-8255

 [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

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### ***Crisis Text Line USA:***

 Text **HOME** to 741741

 [www.crisistextline.org](https://www.crisistextline.org)

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### ***National Farmers Union:***


 <https://farmcrisis.nfu.org/>

 Farm Aid Hotline: 1-800-327-6243

Farmer Resource Network for Local Resources

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### ***Find Your Local 2-1-1:***

 2-1-1

 <http://www.211.org/>

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### ***Befrienders Worldwide:***

 [www.befrienders.org](https://www.befrienders.org)