


Mental Health, Stress and Wellness Resources

CALIFORNIA	To talk with a trained person about stress and depression or find local resources call 1-800-784-2433, 24/7
ILLINOIS	<i>Illinois Farm Bureau</i> • Mental Health & Wellness: https://www.ilfb.org/resources/mental-health-wellness/ <i>Illinois Department of Agriculture</i> • 2019 Flood & Disaster Assistance: https://www2.illinois.gov/sites/agr/Assistance/Pages/Flood-Assistance.aspx
INDIANA	<i>Farm Groups Partner to Help Farmers Manage Stress</i> : https://indianafarmersunion.org/2019/12/11/farm-groups-partner-to-help-farmers-manage-stress/
IOWA	<i>Iowa State University, Extension and Outreach</i> • https://www.extension.iastate.edu/iowaconcern/ Farm Stress Management, publications, webinars, resources: https://www.extension.iastate.edu/dairyteam/farm-stress-management <i>Iowa Concern Hotline</i> : 800-447-1985 • Legal, Finance, Stress, Crisis/Disaster • Free, confidential, 24/7 <i>Your Life Iowa</i> : 855-581-8111 (call) or 855-895-8398 (text) • https://www.yourlifeiowa.org/ <i>CommUnity Crisis Services</i> : 855-325-4296 • https://builtbycommunity.org/ • Email or Chat website: https://www.iowacrisischat.org/
KANSAS	<i>Kansas Ag Stress Resources</i> : https://www.kansasagstress.org/ • Regional Concern Hotline: 1-800-447-1985 • free 24/7 <i>Kansas Suicide Prevention Line</i> : 1-785-841-2345 <i>Kansas Farm Bureau</i> • Mental Health Resources: https://www.kfb.org/Article/Mental-Health-Resources
MICHIGAN	<i>Michigan State University</i> • Managing Farm Stress: https://www.canr.msu.edu/managing_farm_stress/
MINNESOTA	<i>Minnesota Farm and Rural Helpline</i> : 833-600-2670 x1 • free, confidential, 24/7 • https://www.mda.state.mn.us/about/mnfarmerstress <i>Rural Mental Health Specialists</i> : Ted Matthews: 320-266-2390 (serves south of Hwy 12) • Monica McConkey: 218-280-7785 (serves north of Hwy 12) <i>Mobile Crisis Teams by county</i> : https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/adult-mental-health/resources/crisis-contacts.jsp <i>University of Minnesota Extension</i> : 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 <i>NAMI-MN Crisis Resources</i> : https://namimn.org/support/resources/crisis-resources/
NEBRASKA	<i>University of Nebraska-Lincoln</i> : Resources on Stress Management for Farm and Ranch Families: https://droughtresources.unl.edu/stressmgtrresources <i>Nebraska Rural Response Hotline</i> : 1-800-464-0258 • The Kim foundation: 800-273-TALK (8255) • https://www.thekimfoundation.org/ <i>Nebraska Farm Bureau</i> : Ag Issues and Advocacy, Disaster Assistance: https://www.nefb.org/get-involved/disaster-assistance <i>Nebraska Department of Agriculture</i> : https://nda.nebraska.gov/resources/ • NDA Hotline: 800-831-0550 • NE blizzard/flooding resources, links to resources
NEW YORK	College of Agriculture and Life Sciences FarmNet: 1-800-547-3276 • 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/
OHIO	<i>Ohio State University</i> • Rural and Farm Stress: https://extension.osu.edu/about/resources/extension-task-forces/rural-and-farm-stress
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/ Financial Planning Resources: https://www.centerfordairyexcellence.org/programs-resources/financial-planning-resources/
SOUTH DAKOTA	<i>South Dakota Department of Ag</i> • Farm and Rural Stress Hotline: 1-800-691-4336, free, confidential, available 24/7
WISCONSIN	<i>Wisconsin Department of Ag</i> • Farm Center Help Line: 1-800-942-2474 • 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/

United States of American Resources


National Suicide Prevention Lifeline:

 1-800-273-8255


 suicidepreventionlifeline.org


Crisis Text Line USA:

 Text **HOME** to 741741

 www.crisistextline.org


National Farmers Union:

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

Farm Aid Hotline:  1-800-327-6243

Farmer Resource Network for Local Resources

Find Your Local 2-1-1:

 2-1-1

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

Befrienders Worldwide

 www.befrienders.org