

UPPER MIDWEST

<p>ILLINOIS</p>	<p><i>Illinois Farm Bureau</i> • Mental Health & Wellness <i>Illinois Department of Agriculture</i> • 2019 Flood & Disaster Assistance Information</p>
<p>INDIANA</p>	<p>Farm Groups Partner to Help Farmers Manage Stress</p>
<p>IOWA</p>	<p>Iowa State University, Extension and Outreach Farm Stress Management, publications, webinars, resources: <i>Iowa Concern Hotline:</i> 800-447-1985 • Legal, Finance, Stress, Crisis/Disaster • Free, confidential, 24/7 Your Life Iowa: 855-581-8111 (call) or 855-895-8398 (text) CommUnity Crisis Services: 855-325-4296 • Email or Chat website</p>
<p>KANSAS</p>	<p>Kansas Ag Stress Resources • 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</p>
<p>MICHIGAN</p>	<p><i>Michigan State University</i> • Managing Farm Stress</p>
<p>MINNESOTA</p>	<p>Minnesota Farm and Rural Helpline: 833-600-2670 x1 • free, confidential, 24/7 • <i>Minnesota 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) Mobile Crisis Teams by county <i>University of Minnesota Extension</i> Farm Info Line: 1-800-232-9077 • counseling, advocacy, legal, referral resources Helping children cope NAMI-MN Crisis Resources</p>

<p>NEBRASKA</p>	<p><i>University of Nebraska-Lincoln:</i> Resources on Stress Management for Farm and Ranch Families <i>Nebraska Rural Response Hotline:</i> 1-800-464-0258 • The Kim foundation: 800-273-TALK (8255) <i>Nebraska Farm Bureau:</i> Ag Issues and Advocacy, Disaster Assistance Nebraska Department of Agriculture • NDA Hotline: 800-831-0550 • NE blizzard/flooding resources, links to resources</p>
<p>OHIO</p>	<p><i>The Ohio State University</i> • Rural and Farm Stress</p>
<p>SOUTH DAKOTA</p>	<p><i>South Dakota Department of Ag</i> • Farm and Rural Stress Hotline: 1-800-691-4336, free, confidential, available 24/7</p>
<p>WISCONSIN</p>	<p>Wisconsin Department of Ag • Farm Center Help Line: 1-800-942-2474 • Counseling (no cost to farmers, vouchers provided) • Transition planning, beginning farmer assistance, financial analysis & planning <i>University of Wisconsin-Madison</i> Connecting rural communities with resources to recognize & manage stress</p>

NATIONAL RESOURCES

National Suicide Prevention Lifeline

☎ 1-800-273-8255

🌐 suicidepreventionlifeline.org

Crisis Text Line USA

☎ 741741

🌐 www.crisistextline.org/

National Farmers Union

🌐 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

🌐 www.211.org/

Befrienders Worldwide

🌐 www.befrienders.org