Rural health and well-being resources

The health and well-being of farmers and ranchers and their families is important to CHS as we do our part to create safer communities and live out our purpose of creating connections to empower agriculture. The resources shared on this page are provided by organizations throughout the U.S. who also are dedicated to helping farm and ranch families and others in the cooperative system navigate difficult situations.

National resources

- Crisis Text Line: Text “HOME” to 741741
- Farm Aid Hotline, 800-FARM AID (327-6243): Monday-Friday, 9 a.m. - 5 p.m. Eastern [https://www.farmaid.org/our-work/resources-for-farmers/online-request-for-assistance-form/](https://www.farmaid.org/our-work/resources-for-farmers/online-request-for-assistance-form/)
- Iowa State Online Training for Suicide Prevention [https://www.extension.iastate.edu/humansciences/QPR](https://www.extension.iastate.edu/humansciences/QPR)
- National Suicide Prevention Lifeline, 800-273-TALK (8255) [https://suicidepreventionlifeline.org/](https://suicidepreventionlifeline.org/)
- NFU Farm Crisis Center [https://farmcrisis.nfu.org/](https://farmcrisis.nfu.org/)
- Rural Health Information Hub [https://www.ruralhealthinfo.org/topics/farmer-mental-health](https://www.ruralhealthinfo.org/topics/farmer-mental-health)

State resources

Arkansas

- Arkansas Crisis Center [https://www.arcrisis.org/](https://www.arcrisis.org/)
- Arkansas Suicide & Crisis Hotlines [http://www.suicidehotlines.com/arkansas.html](http://www.suicidehotlines.com/arkansas.html)

Idaho

- Idaho Suicide Prevention, 208-398-4357 [https://www.idahosuicideprevention.org/](https://www.idahosuicideprevention.org/)

Colorado

- Colorado Crisis Services, 844-493-8255 [https://coloradocrisiservices.org/](https://coloradocrisiservices.org/)

Illinois

Indiana
- Indiana Suicide Hotline
  [http://www.suicidehotlines.com/indiana.html](http://www.suicidehotlines.com/indiana.html)
- Indiana Crisis Department
  [https://www.aspireindiana.org/crisis-department](https://www.aspireindiana.org/crisis-department)

Iowa
- Iowa State Dairy Team Farm Stress Management
  [https://www.extension.iastate.edu/dairyteam/farm-stress-management](https://www.extension.iastate.edu/dairyteam/farm-stress-management)
- Your Life Iowa, 855-581-8111
  [https://yourlifeiowa.org/mental-health](https://yourlifeiowa.org/mental-health)
- UMASH

Kansas
- Kansas Suicide Hotlines by Community
- Kansas Suicide Prevention Hotline: 785-841-2345
- Kansas Ag Stress Website
  [https://www.kansasagstress.org/](https://www.kansasagstress.org/)
- Kansas Farm Bureau Mental Health Resources
  [https://www.kfb.org/Article/Mental-Health-Resources](https://www.kfb.org/Article/Mental-Health-Resources)

Kentucky
- Kentucky Suicide & Crisis Hotlines
  [http://suicidehotlines.com/kentucky.html](http://suicidehotlines.com/kentucky.html)
- Northern Kentucky NAMI
  [https://naminky.org/crisis-info/](https://naminky.org/crisis-info/)

Louisiana
- Louisiana Department of Health
- Louisiana NAMI
  [https://www.namilouisiana.org/crisis-hotlines](https://www.namilouisiana.org/crisis-hotlines)
- Louisiana Emergency Crisis Hotlines and Helplines

Michigan
- Michigan State University - Managing Farm Stress
  [https://www.canr.msu.edu/managing_farm_stress/](https://www.canr.msu.edu/managing_farm_stress/)
- UMASH

Minnesota
- Minnesota Farm & Rural Helpline: 833-600-2670 x 1
- Minnesota Department of Ag Farm Stress Website
  [https://www.mda.state.mn.us/about/mnfarmerstress](https://www.mda.state.mn.us/about/mnfarmerstress)
- Minnesota Government Mental Health Support
- Minnesota Rural Mental Health Specialists
  - Ted Matthews: 320-266-2390
  - Monica McConkey: 218-280-7785
- Minnesota NAMI
  [https://namimn.org/](https://namimn.org/)
- TransFARMation: Stories from other farmers and ranchers who have experienced stress or suicide in their family
  [https://www.rrfn.com/transfarmation/](https://www.rrfn.com/transfarmation/)
- UMASH

Mississippi
- Mississippi Department of Health
- Mississippi NAMI
  [https://namims.org/](https://namims.org/)

Missouri
- UMASH

Montana
- Montana State University Farm Stress Website
- Montana Government Crisis Contact Directory
- NAMI - Billings, Montana
Nebraska
- Nebraska Extension Rural Stress & Family Wellness Website
  https://lancaster.unl.edu/ag/safety.shtml
- University of Nebraska Hotline Directory
- Nebraska State Suicide Prevention Coalition
  http://www.suicideprevention.nebraska.edu/
- UMASH
  http://umash.umn.edu/stress/

North Dakota
- NDSU Farm Stress Website
  https://www.ag.ndsu.edu/farmranchstress
- My First Link Hotline, 701-235-SEEK (7335)
  https://myfirstlink.org/
- Mental Health America of North Dakota
  https://www.mhand.org/
- TransFARMation: Stories from other farmers and ranchers who have experienced stress or suicide in their family
  https://www.rrfn.com/transfarmation/
- UMASH
  http://umash.umn.edu/stress/

Ohio
- OSU Managing Farm Stress
  https://u.osu.edu/ohioagmanager/managing-farm-stress/
- Ohio Suicide Hotline
  http://suicidehotlines.com/ohio.html

Oklahoma
- Oklahoma Farm Bureau Stress and Mental Health
  https://www.okfarmbureau.org/stress-and-mental-health-resources/
- Oklahoma Suicide Hotline
  http://suicidehotlines.com/oklahoma.html
- Oklahoma Resources
  https://youarenotalonenetwork.org/resources/state-resources/oklahoma-resources

Oregon
- Oregon Health Authority Crisis Lines by County
  https://www.oregon.gov/oha/ph/PreventionWellness/SafeLiving/SuicidePrevention/Pages/crisislines.aspx
- Oregon Suicide & Crisis Hotlines
  http://www.suicidehotlines.com/oregon.html

Pennsylvania
- AgrAbility for Pennsylvanians
  https://agrabilitypa.org/resources/health-wellness/
- PSU Extension Mental Health and Stress for Agricultural Producers
  https://extension.psu.edu/mental-health-and-stress-for-agricultural-producers
- Mental Health in Pennsylvania
  https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Pages/default.aspx
- Pennsylvania Care Partnership
  https://www.pacarepartnership.org/resources/crisis-and-hotlines
- Pennsylvania NAMI
  https://www.namikeystonepa.org/support/nami-helpline-crisis-line/

South Dakota
- SDSU Farm Stress Information
  https://extension.sdstate.edu/tags/farm-stress
- Avera Health Farm and Stress Hotline, 800-691-4336
  https://www.averas.org/services/behavioral-health/farmer-stress-hotline/
- TransFARMation: Stories from other farmers and ranchers who have experienced stress or suicide in their family
  https://www.rrfn.com/transfarmation/
- UMASH
  http://umash.umn.edu/stress/

Tennessee
- UTIA Extension
- UTIA Ag Safety and Health
  https://ag.tennessee.edu/AgSafety/Pages/default.aspx
- Farmers and Suicide Prevention
  http://tspn.org/farmers-and-suicide-prevention/
- TN Statewide Crisis Phone Line
- Tennessee NAMI
  https://namitn.org/
Texas

- Texas Agrability Farm and Ranch Mental Health
  https://txagrability.tamu.edu/mental-health-resources-farm-ranch-families/
- Texas Farm Bureau COVID Resources
  https://texasfarmbureau.org/covid-19-resources/
- Texas Mental Health Resources
  https://hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services
- NAMI Texas
  https://namitexas.org/crisis/

Utah

- Utah Psychological Association
  https://utpsych.org/page-18075
- UTAH Suicide & Crisis Hotlines
  http://www.suicidehotlines.com/utah.html

Washington

- Washington State University Suicide Prevention
  https://extension.wsu.edu/skagit/suicide-prevention/
- Washington State Healthcare Authority Crisis Lines by County
- Washington State Resources
  http://www.intheforefront.org/resources/washington/
- NAMI Greater Seattle
  http://namiseattle.org/

Wisconsin

- Rural Health Initiative
  https://wiruralhealth.org/
- University of Wisconsin Farm Stress
  https://fyi.extension.wisc.edu/farmstress/
- UMASH
  http://umash.umn.edu/stress/
- Wisconsin Farm Center
  https://datcp.wi.gov/Pages/Growing_WI/FarmCenterOverview.aspx

Wyoming

- UWYO Stress Resources
  http://www.uwyo.edu/uwe/programs/wyo-disaster/stress.html
- Wyoming Department of Health

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Rev. May 11, 2020

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