



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. - 10 p.m. Eastern
<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>
- 988 Suicide & Crisis Lifeline, 988
<https://988lifeline.org/>
- NFU Farm Crisis Center
<https://farmcrisis.nfu.org/>
- Rural Health Information Hub
<https://www.ruralhealthinfo.org/topics/farmer-mental-health>
- Farm State of Mind - National Farm Bureau
<https://www.fb.org/initiative/farm-state-of-mind>

State resources

Arkansas

- Arkansas Crisis Center
<https://www.arcrisis.org/>
- Arkansas Suicide & Crisis Hotlines
<http://www.suicidehotlines.com/arkansas.html>

Colorado

- Colorado Crisis Services, 844-493-8255
<https://coloradocrisisservices.org/>

Idaho

- Idaho Crisis & Suicide Hotline, 988
<https://idahocrisis.org>
- Idaho Department of Health and Welfare: Adult Behavioral Health
<https://healthandwelfare.idaho.gov/services-programs/behavioral-health/about-adult-behavioral-health>

Illinois

- UMASH
<http://umash.umn.edu/stress/>

Indiana

- Indiana Suicide Hotline
<http://www.suicidehotlines.com/indiana.html>
- Indiana Crisis Services
<https://www.aspireindiana.org/behavioral-health/crisis-services>
- Purdue Farm Stress
https://extension.purdue.edu/farm_stress/

Iowa

- Iowa State Iowa Concern
<https://www.extension.iastate.edu/iowaconcern/>
- Your Life Iowa, 855-581-8111
<https://yourlifeiowa.org/>
- UMASH
<http://umash.umn.edu/stress/>

Kansas

- Kansas Suicide Hotlines by Community
<http://suicidehotlines.com/kansas.html>
- Kansas Suicide Prevention Hotline: 800-273-8255
- Kansas Ag Stress Website
<https://www.kansasagstress.org/>
- Kansas Farm Bureau Mental Health Resources
<https://www.kfb.org/Article/Mental-Health-Resources>

Kentucky

- Kentucky Suicide & Crisis Hotlines
<http://suicidehotlines.com/kentucky.html>
- Northern Kentucky NAMI
<https://naminky.org/crisis-info/>

Louisiana

- Louisiana Department of Health
<http://ldh.la.gov/>
- Louisiana NAMI
<https://www.namilouisiana.org/crisis-hotlines>
- Louisiana Emergency Crisis Hotlines and Helplines
<http://centerforhopeservices.com/louisiana-emergency-crisis-hotlines-and-helplines/>

Michigan

- Michigan State University - Managing Farm Stress
https://www.canr.msu.edu/managing_farm_stress/
- UMASH
<http://umash.umn.edu/stress/>

Minnesota

- Minnesota Farm & Rural Helpline: 833-600-2670
- Minnesota Department of Ag Farm Stress Website
<https://www.mda.state.mn.us/about/mnfarmerstress>
- Minnesota Government Mental Health Support
<https://mn.gov/covid19/for-minnesotans/get-help/mental-health.jsp>
- Minnesota Rural Mental Health Specialists
 - Ted Matthews: 320-266-2390
 - Monica McConkey: 218-280-7785
- Minnesota NAMI
<https://namimn.org/>
- TransFARMation: Stories from other farmers and ranchers who have experienced stress or suicide in their family
<https://www.rfn.com/transfarmation/>
- UMASH
<http://umash.umn.edu/stress/>

Mississippi

- Mississippi Department of Health Helpline & Resources
<https://www.dmh.ms.gov/help/crisis-services/>
- Mississippi NAMI
<https://namims.org/>

Missouri

- UMASH
<http://umash.umn.edu/stress/>
- AgriStress Helpline: Call or text 833-897-2474
<https://www.agrisafe.org/agristress-helpline/>

Montana

- Montana State University Farm Stress Website
https://www.montana.edu/extension/wellness/stress-management/mt_farm_stress_clearing_house/index.html
- Montana Government Crisis Resources
<https://mhombudsman.mt.gov/resources/>
- NAMI - Billings, Montana
<http://www.namibillings.org/24-hour-crisis-hotlines/>

Nebraska

- Nebraska Extension Rural Stress & Family Wellness Website
<https://lancaster.unl.edu/ag/safety.shtml>
- University of Nebraska Hotline Directory
<https://cropwatch.unl.edu/2019-CW-News/2019-images/Flood/Staying-Connected-Resources-8-7-19.pdf>
- Nebraska State Suicide Prevention Coalition
<http://www.suicideprevention.nebraska.edu/>
- UMASH
<http://umash.umn.edu/stress/>

North Dakota

- NDSU Farm Safety & Health
<https://www.ndsu.edu/agriculture/ag-hub/ag-topics/farm-safety-health/managing-stress>
- 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.rfn.com/transformation/>
- 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.avera.org/services/behavioral-mental-health/farmer-stress-hotline/>
- TransFARMation: Stories from other farmers and ranchers who have experienced stress or suicide in their family
<https://www.rfn.com/transformation/>
- UMASH
<http://umash.umn.edu/stress/>

Tennessee

- Farmers and Suicide Prevention
<https://tspn.org/resources/farmers-and-suicide-prevention/>
- TN Statewide Crisis Phone Line
<https://www.tn.gov/behavioral-health/need-help/crisis-services/tn-statewide-crisis-phone-line.html>
- 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/>
- AgriStress Helpline: Call or text 833-897-2474
<https://www.agrisafe.org/agristress-helpline/>

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 Behavioral Health Support
<https://www.hca.wa.gov/free-or-low-cost-health-care/i-need-behavioral-health-support/i-need-behavioral-health-support>
- 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://farms.extension.wisc.edu/farmstress/>
- UMASH
<http://umash.umn.edu/stress/>
- Wisconsin Farm Center
<https://datcp.wi.gov/Pages/AgDevelopment/FarmCenterOverview.aspx>

Wyoming

- UWYO Stress Resources
<http://www.uwyo.edu/uwe/programs/wyo-disaster/stress.html>
- Wyoming Department of Health
<https://health.wyo.gov/publichealth/prevention/wivpp/suicide-prevention/>
- AgriStress Helpline: Call or text 833-897-2474
<https://www.agrisafe.org/agristress-helpline/>