

Transition to Organic Partnership Program Mental Health and Stress Resources for Farmers, Ranchers, and Producers

Talk with a Counselor

National Suicide and Crisis Hotline

Call: 988

Talk with trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress.

Farm Aid Hotline

Call: 1-800-FARM-AID (1-800-327-6243)

The Farm Aid Hotline provides support Monday - Friday, 9am to 10pm ET/ 6am to 7pm PT, or you can get in touch with the [Farmer Services Team online](#).

AgriStress Helpline

Call or Text: 833-897-2474

Available in: [Connecticut](#), [Missouri](#), [Pennsylvania](#), [Texas](#), [Virginia](#), and [Wyoming](#)

The AgriStress Helpline is a free and confidential crisis and support line that you can call or text 24/7. The helpline is answered by trained professionals who can offer support and/or help you find mental health resources in your area.

Avera Farm and Rural Stress Hotline

Call: 1-800-691-4336

Avera Health System, located in South Dakota, offers the Farm and Rural Stress Hotline where farmers can talk to one of Avera's skilled, compassionate mental health professionals and trust them to help navigate whatever they are experiencing, to include symptoms or signs of anxiety or depression. The hotline is free, confidential, and available 24/7.

Resources

Farm Crisis Center

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

Resources compiled by the National Farmers Union to help farmers through stressful times.

Farmer Resource Network

Website: <https://farmaid.my.site.com/FRN/s/>

The Farmer Resource Network is a free search tool that can be used to find organizations and resources that are useful for farmers, agricultural service providers, farmworkers, farm communities and farming families across the United States

Western Regional Agricultural Stress Assistance Program

Website: <https://farmstress.us/>

Funded by a USDA Farm and Ranch Stress Assistance Network grant, the Western Regional Agricultural Stress Assistance Program is composed of lead agencies representing 13 states and 4 territories, including [Alaska](#), [Washington](#), [Oregon](#), [Idaho](#), [Montana](#), [Wyoming](#), [Colorado](#), [Utah](#), [Arizona](#), [New Mexico](#), [Nevada](#), and [California](#).

North Central Farm and Ranch Stress Assistance Center

Website: <https://farmstress.org/>

Funded by a USDA Farm and Ranch Stress Assistance Network grant, North Central Farm and Ranch Stress Assistance Center is composed of lead agencies representing 12 states, including [Illinois](#), [Indiana](#), [Iowa](#), [Kansas](#), [Michigan](#), [Minnesota](#), [Missouri](#), [Nebraska](#), [North Dakota](#), [Ohio](#), [South Dakota](#), and [Wisconsin](#).

The Farm State of Mind

Website: <https://www.fb.org/initiative/farm-state-of-mind>

The Farm State of Mind, an initiative by the Farm Bureau, provides a resource directory as well as information on identifying mental health concerns in others and yourself, and how to respond to mental health concerns and crises.