

# Farmer Mental Health Resources

Farmers face unique challenges like unpredictable weather, market fluctuations, long working hours, difficult management decisions, and isolation that can affect their mental health. Addressing mental health is vital for sustaining farmer's well-being and the health of their communities. Farmers aren't an exception when it comes to mental health challenges. By utilizing these resources and staying connected, we can help ensure that farmers receive the care and support they need to maintain their mental well-being.

## SIGNS OF MENTAL HEALTH STRUGGLES

- Persistent sadness or anxiety
- Loss of interest in activities
- Increased fatigue or sleep disturbances
- Difficulty making decisions
- Feelings of hopelessness or worthlessness
- Thoughts of self-harm or suicide

If you or someone you know is experiencing any or all of these signs, consider reaching out to the resources listed below.

## NATIONAL RESOURCES

- **Farm Aid Hotline**
  - 1-800-FARM-AID (1-800-327-6243)
  - Offers support specifically for farmers, including mental health services and financial counseling
- **National Alliance on Mental Illness (NAMI) Hotline**
  - Call 1-800-950-6264
  - Text "HELPLINE" to 62640
- **National Suicide Prevention Lifeline**
  - 1-800-273-TALK (1-800-273-8255)
  - Provides 24/7, free, and confidential support for people in distress
- **Crisis Text Line**
  - Text "HOME" to 741741
  - Free, 24/7 text line for anyone in crisis
- **American Farm Bureau Federation (AFBF) Farm State of Mind**
  - Provides resources focused on farmer mental health, like counseling services & hotlines

## REGIONAL RESOURCES

- **AgriSafe Network:** Provides health and safety programs for farmers, including mental health resources. Specific programs vary by state
- **Cultivemos:** Provides resources to improve behavioral health awareness, literacy, access and outcomes for farmers, ranchers, and farmworkers
- **Rural Resilience Training:** Free online training provided by the Farm Credit Council to help individuals recognize signs of stress in themselves and others

## ONLINE RESOURCES

- **Rural Health Information Hub:** Offers a guide to mental health resources available to rural residents, including farmers
- **Farmer Toolkit:** Stress and mental health resources for farmers from organizations across the U.S.
- **Farm State of Mind Toolkit (AFBF):** A collection of tools to help farm communities navigate mental health challenges

## HOW TO HELP A FARMER IN NEED

- **LISTEN** without judgment: Create a safe space
- **ENCOURAGE** Professional Help: Suggest they speak to a counselor or call a helpline
- **CONNECT** with regular check-ins: Provide support and reduce feelings of isolation
- **EDUCATE** Yourself: Learn about available resources