

MENTAL HEALTH RESOURCES

For Farmers

Agristress hotline for farmers – (833-897-2474)

Hotline for farmers in distress in any state. Available by call or text.

Farm Aid – (800-FARMAID; 800-327-6243)

Will provide assistance in trying to locate local resources (both material and mental health) for farmers who have experienced a disaster.

Farm Crisis Center – (202-554-1600)

Provides national, local, mediation, and disaster resources.

Farmer's Legal Action Group – (877-860-4349)

Will provide legal guidance to farmers.

National Farmer's Union, Farm Crisis Center – <https://farmcrisis.nfu.org>

211 – <https://www.211.org/> or call 211

Quickly refers & connects callers to local resources. Multilingual

National Resources

Crisis Text Line – <https://www.crisistextline.org/>

Global not-for-profit organization providing free mental health texting service through confidential crisis intervention via SMS message.

National Suicide and Crisis Hotline – 988

SAMHSA hotline – (800-985-5990)

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

SAMHSA local mental health services – <https://findtreatment.gov>

Locator to find mental health services locally.

SAMHSA resources – https://store.samhsa.gov/product/Tips-for-Survivors-/SMA17-5035?referrer=from_search_result

Tips for coping with grief after a disaster.

Additional Resources

American Farm Bureau's Farm State of Mind

<https://www.fb.org/land/fsom>

Michigan State University

https://www.canr.msu.edu/managing_farm_stress/

North Dakota State University

<https://www.ndsu.edu/agriculture/ag-hub/ag-topics/farm-safety-health/managing-stress>

Oregon State University

<https://extensiondisaster.net/wpcontent/uploads/2021/09/Combinednewversion.pdf>

Southeastern Coastal Center for Agricultural Health and Safety

<https://www.sccahs.org/index.php/resources/community-health/mental-health/>



Other Counselors & Support Lines

Accredited Financial Counselors – (352-392-1778)

<https://sfyl.ifas.ufl.edu/family-resources/money-matters/financial-counseling/>

UF/IFAS Extension Family & Consumer Sciences (FCS) agents throughout FL provide free and accurate financial education to Floridians.

Florida Veteran Support Line – (844-MYFLVET; 693-5838) <https://www.myflvet.com>

Veterans provide assistance and support to other veterans. Provides comprehensive information and referral to VA-funded resources and community based-resources. Available 24/7 every day, all conversations are confidential and judgment-free.