

Farm Stress Resources

Regional Farm and Ranch Stress Assistance Network (FRSAN) Websites

- [FRSAN West](#)
- [FRSAN South](#)
- [FRSAN North Central](#)
- [FRSAN Northeast](#)

Phone and Text Hotlines

National Suicide Prevention Lifeline: 1-800-273-TALK (8255) (ENG), 1-888-628-9454 (ESP)

“The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.”

SAMHSA National Helpline: 1-800-662-HELP (4357)

“SAMHSA’s National Helpline is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Also visit the [online treatment locator](#), or send your zip code via text message: 435748 (HELP4U) to find help near you. Read more about the [HELP4U text messaging service](#).”

Farm Aid’s Farmer Hotline: 1-800-FARM-AID (1-800-327-6243)

“If you need to talk to someone directly, we are here to listen. Whether you have been farming for a few years or decades we welcome your call, our team will listen and point you in the right direction. Our Farm Aid staff answer the hotline Monday through Friday from 9am to 10pm ET / 6am to 7pm PT.”

Dial 211

“In many states, dialing “211” provides individuals and families in need with a shortcut through what can be a bewildering maze of health and human service agency phone numbers. By simply dialing 211, those in need of assistance can be referred, and sometimes connected, to appropriate agencies and community organizations.”

Avera Farm and Rural Stress Hotline: 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.”

AgriStress HelpLine: 833-897-AGRI (2474)

AgriStress HelpLine is a free 24-hour, 7-days-a-week hotline designed for farmers and farm families seeking mental health support in Pennsylvania, Virginia, Texas, and Wyoming.

Resources

- Farm Aid's [Farmer Resource Network](#)
- Rural Opioid Technical Assistance (ROTA), contact SAMHSA's Humberto Carvalho by phone: 240-276-2974 or e-mail: humberto.carvalho@samhsa.hhs.gov.
- [AgWell](#): "Our goal is to create support systems throughout even the most rural regions of Colorado, New Mexico, and Wyoming. We regularly host trainings for rural community members interested in expanding AgWell's support system into their community."
- Montana State University's [Rural Opioid And Stimulant Education, Outreach, and Training For Teens and Adults](#)
- Montana State University's [Montana Ag Producer Stress Resource Clearinghouse](#)
- [Mountain Plains Mental Health Technology Transfer Center \(MHTTC\) Network](#): These resources offer a variety of support for farmers including stress hotlines, disaster recovery, opioid abuse resources, and educational opportunities.
- South Dakota State University Extension's [Farm Stress Resources](#)
- South Dakota Counseling Association's [Farm Stress Resources](#)
- 605 Strong's [Behavioral Health Voucher Program](#) (South Dakota)

Podcasts

- [AgWellness](#): The AgWellness podcast explores mental health in the farming and ranching community. Our hosts, Jacob Hadfield and Josh Dallin, are ag extension agents at Utah State University. Mental health is a growing concern in the farming and ranching community and through this podcast, we will share stories about the impact of mental health concerns, helpful resources, and information. We have partnered on a new project called the Western Regional Agricultural Stress Assistance Program (WRASAP).
- [Cultivating Resilience](#): On Cultivating Resilience from FRSAN-NE, farm care starts with self-care. We'll hear from real, independent farmers on the struggles they face every day, and how they are overcoming them. We'll provide resources to strengthen your mental health and survive uncertain times. And we're building a community where farmers and ranchers can support each other, because even the hardiest plants need the right conditions to grow.