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Mental Health Resources & Hotlines

North Dakota



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Mental Health Resources & Hotlines: North Dakota

North Dakota State University Extension Farm and Ranch Stress: NDSU Extension has created a resource page addressing farm and ranch stress. This page offers publications, programs, podcasts, and more related to managing stress, identifying warning signs, and other important topics. Find the resource page [here](#).

Lutheran Social Services of North Dakota: The LSSND has created a resource page for farmers, ranchers and their loved ones who may be experiencing farm-related stress or depression. This resource page provides warning signs, steps to take, and links for where to get help. Find the resource page [here](#).

North Dakota Farmers Union: The ND Farmers Union compiled resources, publications, podcasts and contacts for farmers facing excessive farm stress. Find their resource page [here](#).