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Mental Health Resources & Hotlines

National Resources



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Mental Health Resources & Hotlines: National Resources

The National Crisis Hotline: If you are worried about someone or if you yourself are feeling vulnerable or suicidal call 1-800-273-TALK (1-800-273-8255) or text 4HOPE to 741-741

Farm Aid Hotline: Available Monday – Friday from 9:00 a.m. – 5:00 p.m. Eastern Time. Find the online directory [here](#) or call (800) FARM-AID or (800) 327-6243

Farm and Rural Stress Hotline: Free, confidential and available 24/7. Find their website [here](#) or call (800) 691-4336.

Farm Crisis Center: The Farm Crisis Center is a website dedicated to providing those in agriculture with resources and contacts when facing excessive stress or after a national disaster. The website features an online directory containing over 750 organizations that work directly with farmers. Visit the website [here](#).

Rural Resilience: Farm Stress Training: This free, online course teaches individuals how to identify signs and symptoms of stress and suicide, how to communicate with people under stress, and other ways to help friends, family and neighbors during stressful times. Find the course [here](#).

TransFARMation: This is a podcast hosted by the Minnesota Department of Agriculture and the Red River Farm Network. In an effort to raise awareness of mental stress in agriculture, this series features local farmers, ranchers and agricultural stakeholders who share personal stories and a message of hope. Find episodes [here](#).

Ag State of Mind: This is a podcast that focuses on mental health in agriculture, featuring producers and other ag professionals as they discuss how to remedy stress in the industry. Find episodes [here](#) and find the blog [here](#).

Ask in Earnest: This website offers resources for those in agriculture struggling with stress, depression or suicidal thoughts, as well as resources for their loved ones. Resources on topics such as self-care, warning signs of suicide and compilation of national hotlines are available for free [here](#).

Center for Dairy Excellence: The Center for Dairy Excellence has created a Stress and Wellness Resource page, providing hotlines, publications and more related to farm stress. Find resources [here](#).

Managing and Breaking the Cycle of Chronic Farm Stress: Authored by a researcher at the University of Wisconsin-Madison, this factsheet offers solutions to farmers and ranchers who frequently struggle with stress. The factsheet can be found [here](#).

The National Graduate Student Crisis Line:

Main Line: 1-877-GRAD-HLP or (1-877-4723-475)

Disaster Distress Helpline: Free, confidential and multilingual support for anyone experiencing psychological distress. Helpline staff are trained professionals who provide confidential counseling, referrals and other needed support.

Main Line: 1-800-985-5990

Text Line: Text HOME to 741741

National Youth Crisis Hotline: Available 24-hour nationwide

Main Line: 1-800-442-HOPE or (1-800-442-4673)

Suicide Prevention Services of America:

Main Line: (630) 482-9696 or (800) 273-8255