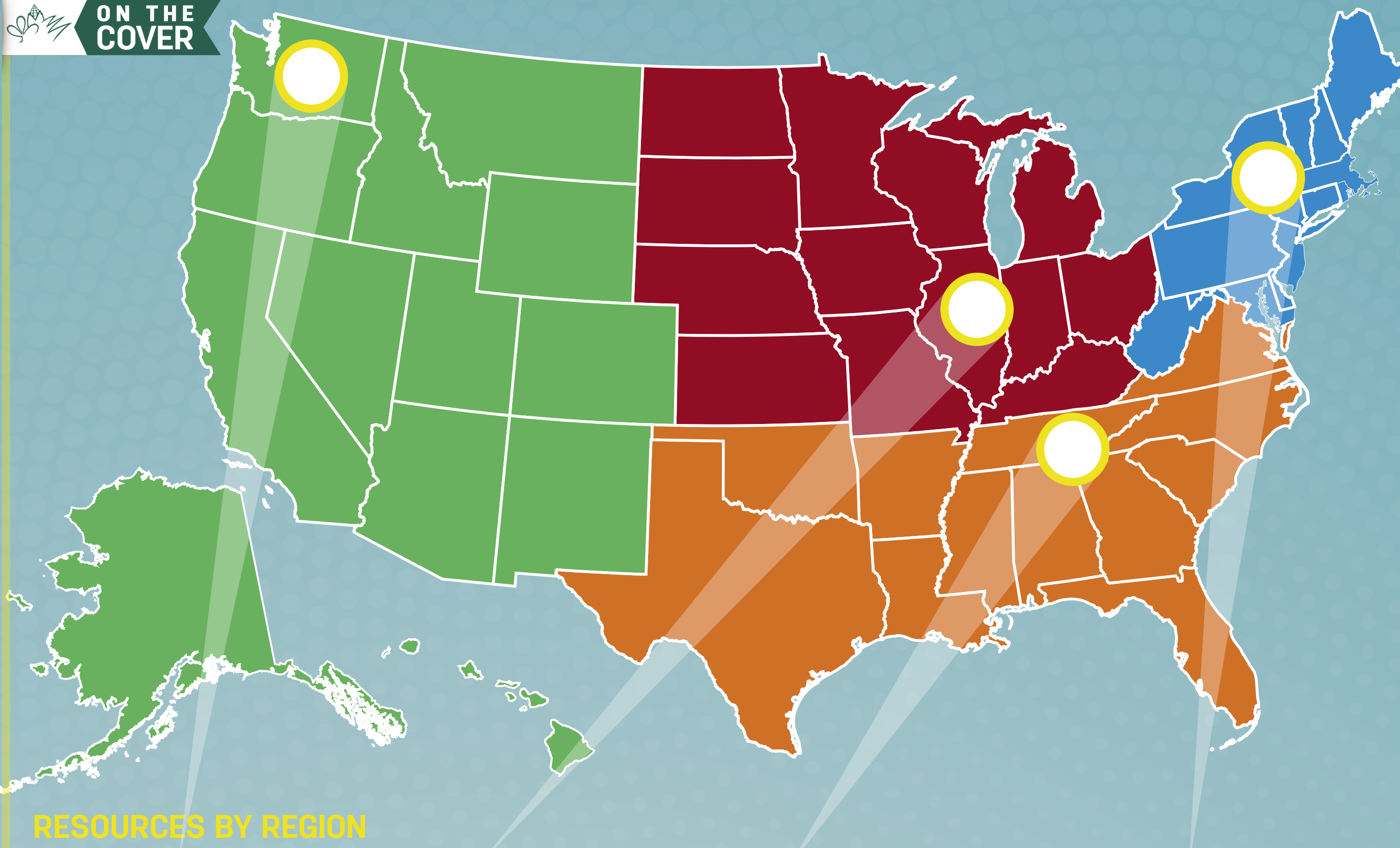


ON THE COVER



MENTAL HEALTH RESOURCES

NATIONAL RESOURCES

- **State outreach coordinators**
www.fsa.usda.gov/programs-and-services/outreach-and-education/state-outreach-coordinators/index
 - ◆ The Farm Service Agency has an outreach coordinator in each state. To learn more about what is available in your state, find your coordinator at the website above.

- **Rural Health Information (RHI) Hub**
www.ruralhealthinfo.org/topics/farmer-mental-health
 - ◆ The RHI hub has a collection of national and international resources including hotlines, toolkits and other helpful programs.

RESOURCES BY REGION

Western Regional Agricultural Stress Assistance Program (WRASAP)

www.farmstress.us/about

Resources:

“WRASAP focuses on communication and collaboration with partners across the region to offer funding opportunities, support in navigating resources, compassion and education.” These resources include podcasts, funding opportunities, legal help and more. Check out the resource clearinghouse on their website for a detailed list!

North Central Farm and Ranch Stress Assistance Center (NC FR SAC)

www.farmstress.org

Resources:

NC FR SAC works to provide resources to agricultural producers, workers and stakeholders. These resources include the Iowa Concern hotline, mental health literacy programs and access to low or no cost professional behavioral health services. Their website includes a more detailed resource clearinghouse covering the 12-state region.

Southern Region Farm and Ranch Stress Assistance Network (S-FRSAN)

www.farmandranchstress.com

Resources:

S-FRSAN has emphasized bringing people together to create resources and training, support networks, and a hotline for the farmers and ranchers in their region. Watch for the launch of their new website, which will feature resources and trainings that will help get to the root causes of stress.

Cultivemos

www.youngfarmers.org/frsan-ne/
www.farmerresourcenetwork.force.com/FRN/s

Resources:

“Cultivemos takes a structural approach to agricultural stress by addressing larger systemic issues that can lead to stress, including forever chemical contamination, land access or systematic racism.” Resources for this program include podcasts, newsletters and hotlines. Be sure to visit <https://farmerresourcenetwork.force.com/FRN/s> to find a detailed list of their resources.

Farm Aid Hotline

1-800-FARM-AID (1-800-327-6243)

www.farmaid.org

National Suicide Prevention Lifeline

1-800-273-8255

www.suicidepreventionlifeline.org