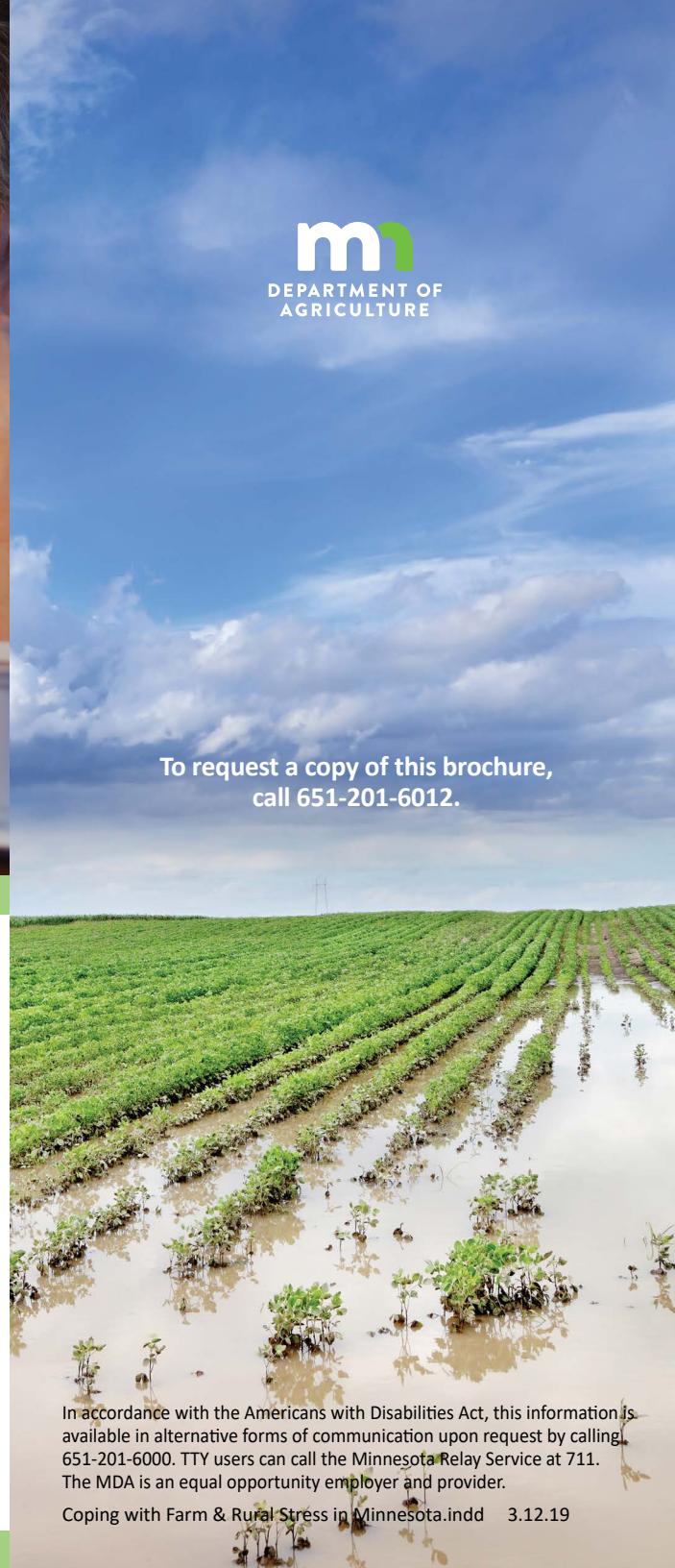




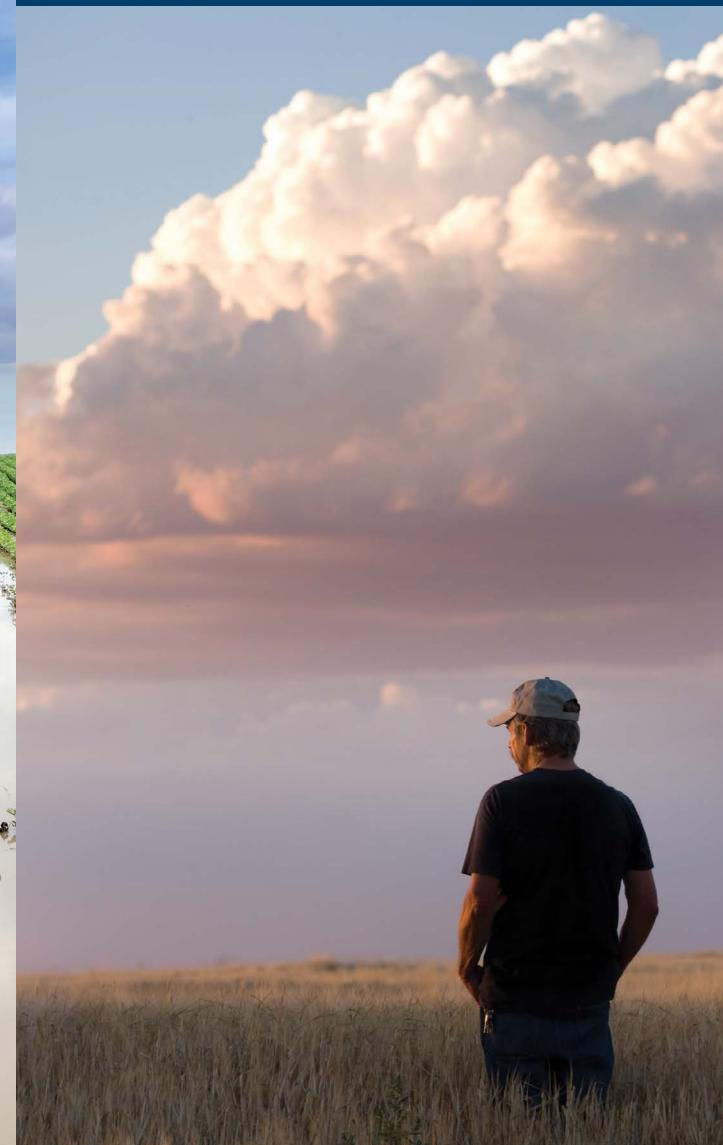
Farming can be a stressful occupation. Often, you live where you work. Your co-workers may be your spouse or other family members. While you get to be your own boss, you feel responsible for a lot and can control very little.

Financial problems, price and marketing uncertainties, farm transfer issues, production challenges, marital difficulties, and social pressures can be real sources of stress for farmers and farm family members. Inside this brochure, you'll find some of the people and organizations who are ready to help.



In accordance with the Americans with Disabilities Act, this information is available in alternative forms of communication upon request by calling 651-201-6000. TTY users can call the Minnesota Relay Service at 711. The MDA is an equal opportunity employer and provider.

COPING WITH FARM & RURAL STRESS IN MINNESOTA



HELP FOR STRESS, ANXIETY, DEPRESSION, ANGER, OR FEELING "STUCK"

Minnesota Farm & Rural Helpline 833-600-2670 x 1

Free, confidential, 24/7. Calls are answered by trained staff and volunteers located here in Minnesota. If you or someone you know is struggling with stress, anxiety, depression, or suicidal thoughts -- call. Sometimes it's easier to talk to somebody you don't know. Translators available.

Ted Matthews
Rural Mental Health Counselor
320-266-2390
www.centerofagriculture.org
(search for "Ted Matthews")

Ted works with farmers across the entire state. No cost; no paperwork. The service is available thanks to funds from the Minnesota Legislature.

Mobile Crisis Teams
www.mn.gov/dhs (search for "crisis phone")

Available in every county, counselors can respond quickly and provide in-person, short-term counseling or mental health services during a crisis or emergency.

National Suicide Prevention Lifeline
Call: 800-273-8255 (Veterans, press 1)

Crisis Text Line
Text MN to 741 741

Both give immediate free and confidential support to people in crisis. They can also help if you are worried about someone else.



HELP WITH DAILY LIVING

If you need help securing food, heat, electricity, health care, childcare, senior programs, or other resources important to health and well-being, call 2-1-1 or go to www.211.org. This service is run by the United Way and will point you to help that's available near you.



BUSINESS, FINANCIAL AND LEGAL HELP

Farmer-Lender Mediation

218-935-5785
www.z.umn.edu/mediation

Mediation help for farmers who are having difficulties with a loan and/or lender.

Farmers Legal Action Group (FLAG)

877-860-4349
www.flaginc.org

Legal services, referrals, and support for family farmers.

Minnesota Farm Advocates

218-346-4866
www.mda.state.mn.us/farmadvocates

Advocates help farmers who are having financial problems or who have been through a natural disaster. They have experience with agricultural lending and lender negotiation, mediation, farm programs, crisis counseling, and disaster programs. They can also help you find legal and/or social services.

Minnesota Rural Finance Authority

651-201-6556
www.mda.state.mn.us/agfinance

Partners with local lenders to offer a wide variety of low-interest loans for farmers.

Minnesota State Farm Business Management Education

218-894-5163 or 507-389-7263
<https://agcentric.org/farm-business-management>
Teaches farmers how to use their own farm records to make business decisions and helps them develop management skills.

U of M Extension Financial Counseling for Farmers
800-232-9077
www.z.umn.edu/financehelp

Financial analysts meet with farmers to help them make sense of their financial situation and explore options to keep their farms functioning. This is a free and confidential service.