



DEPARTMENT OF
AGRICULTURE

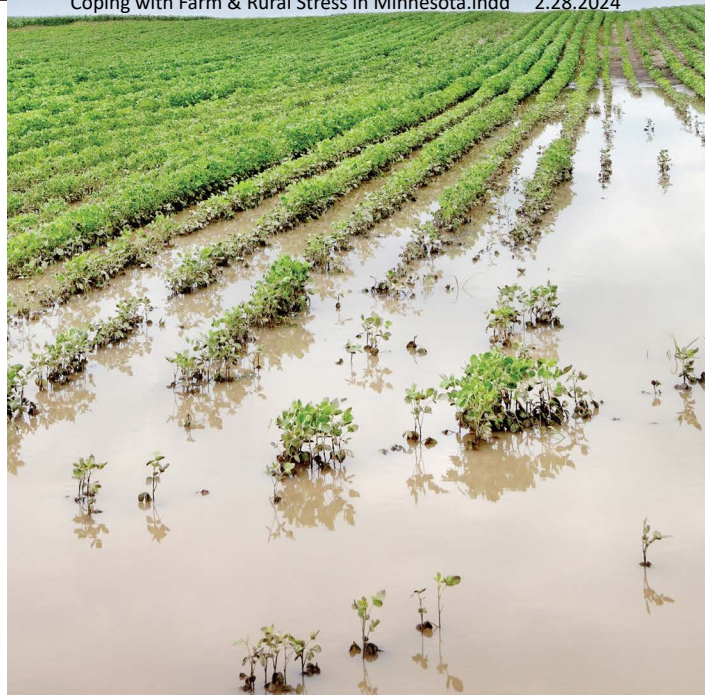
To request copies of this
brochure, call 651-201-6012.
www.minnesotafarmstress.com

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.indd 2.28.2024

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.



COPING WITH FARM & RURAL STRESS IN MINNESOTA



HELP FOR STRESS, ANXIETY, DEPRESSION, ANGER, OR FEELING “STUCK”

Minnesota Farm & Rural Helpline

minnesotafarmstress.com

CALL: 833-600-2670 (press 1)

TEXT: *farmstress* to 898211

EMAIL: farmstress@state.mn.us

Free, confidential, 24/7. If you or someone you know is struggling, call or text for help with anxiety, depression, relationships, substance use, feeling overwhelmed, or other problems. No concern is too small. *Translators available.*

Ted Matthews & Monica McConkey Agricultural Mental Health Counselors

320-266-2390 (Ted) or 218-280-7785 (Monica)

Ted and Monica know agriculture and work with farmers and their families throughout Minnesota. No cost; no paperwork. This service is funded by the Minnesota Legislature.

Mobile Crisis Teams

From a cell phone, dial **CRISIS (**274-747)
mn.gov/dhs/crisis

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

University of Minnesota Extension

800-232-9077

extension.umn.edu/rural-stress

Offers farm safety and farmer mental health programs, news, and resources, including online workshops.

988 Suicide & Crisis Lifeline

Available throughout the U.S. Trained counselors listen, understand how problems are affecting you, provide support, and connect you to resources if necessary. Call or text 9-8-8.

HELP WITH DAILY LIVING

For help getting 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 United Way service will point you to help available nearby.



BUSINESS, FINANCIAL, AND LEGAL HELP

Minnesota Farm Advocates

833-600-2670

www.mda.state.mn.us/farmadvocates

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

Farmer-Lender Mediation

218-935-5785

z.umn.edu/mediation

For farmers in debt who need help negotiating with a lender or creditor. In Minnesota, farmers have a legal right to mediation for secured debt over \$15,000. There is no charge for mediation services.

Farmers Legal Action Group (FLAG)

877-860-4349

flaginc.org

Legal services, referrals, and support for family farmers.

Minnesota Rural Finance Authority

651-201-6004

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

agcentric.org/farm-business-management

507-389-7497

centerofagriculture.org/farm-business-management/farm-business-management-fag

Teaches farmers how to use their own farm records to make business decisions and helps them develop management skills.