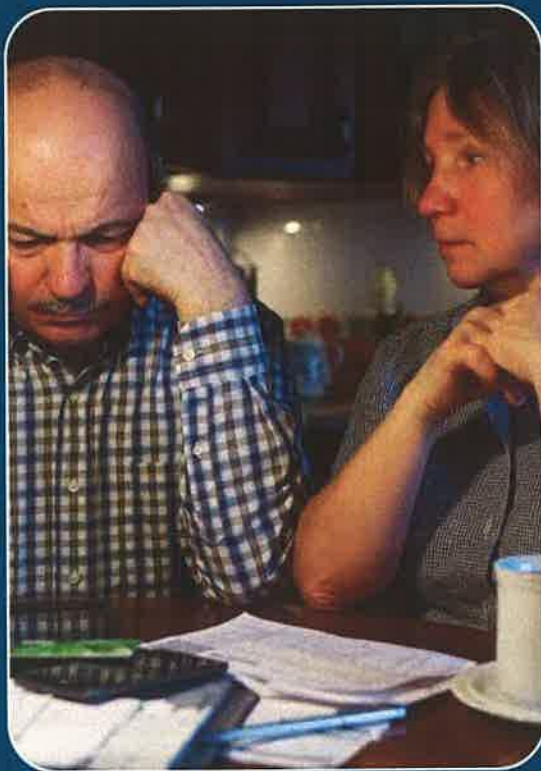




Farming can be a stressful occupation. Often, you live where you work. Your co-workers may be your spouse or other family members. While you get to be your own boss, you feel responsible for a lot, and many factors are out of your control.

Financial problems, price and marketing uncertainties, farm transfer/succession, 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.



To order copies of this brochure and other farm stress materials, call 651-201-6012 or go to www.mnfarmstress.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. 10.27.25

COPING WITH FARM & RURAL STRESS IN MINNESOTA



Help for Stress, Anxiety, Depression, Anger, or Feeling "Stuck"

Minnesota Farm & Rural Helpline
mnfarmstress.com

CALL: 833-600-2670

TEXT: farmstress to 898-211

Free, confidential, 24/7. Call or text for help with anxiety, depression, relationships, substance use, feeling overwhelmed, or if you just need a listening ear. We are here for you; no concern is too small. Translators available.

Agricultural Mental Health Counselors

218-280-7785 (Monica)

218-820-6626 (Jennifer)

507-514-7057 (Tracie)

Monica, Jennifer, and Tracie help farmers, their families, and other ag-connected people throughout Minnesota. No cost; no paperwork. This service is funded by the Minnesota Legislature.

Mobile Crisis Teams

Call or text 9-8-8 and ask for your local mobile crisis team.

Available in every Minnesota county. Trained counselors can arrive quickly and provide immediate in-person mental health services during or after a crisis or emergency.

University of Minnesota Extension

800-232-9077

extension.umn.edu/rural-stress

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

988 Suicide & Crisis Lifeline

Available nationwide. Trained counselors listen, understand how problems are affecting you, provide support, and connect you to local resources if you need them. Call or text 9-8-8.



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

218-281-8686 or 218-935-5785

z.umn.edu/mediation

For farmers in debt who need help negotiating with a lender or creditor. In MN, farmers have a legal right to mediation for secured debt over \$15K. Staff can also help mediate other agriculture-connected disputes. 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-faq

Teaches farmers how to use their own farm records to implement data-driven business decisions on farm, while developing management strategies and skills for financial profitability.



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.