

There is no cost to you. There are many ways to connect with us: call, text, email, video chat, and other flexible options are available for conversations to take place.

Who will help us?

Monica McConkey, MA, LPC

(218) 280-7785

Monica brings over 30 years of experience in rural mental health, supporting youth and adults through emotional challenges. Raised on a farm, she understands the unique pressures of agriculture and is dedicated to helping farmers, families, and ag partners manage the stresses of life and work in the farming industry.



Tracie Rutherford Self, PhD, LPCC-S

(507) 514-7057

Tracie brings 25+ years of mental health experience, focusing on trauma, stress, and suicide prevention in rural communities. Raised in West Virginia and rooted in Midwest farm life, she collaborates with farmers, agricultural groups, and first responders to deliver real-world mental health support across rural Minnesota.



Jennifer Vaughn, MS, LMFT

(218) 820-6626

Jennifer Vaughn has been providing mental health services in rural communities to individuals, families, and couples since 2009. Her work emphasizes supporting the mental health of farmers and their families as they navigate the unique challenges of rural and agricultural life.



Minnesota Farm & Rural Helpline
1-833-600-2670
Available 24/7
text "farmstress" to 898211

We are here for you! Contact us:

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MINNESOTA STATE
Agricultural Centers of Excellence



AGRICULTURAL MENTAL HEALTH & WELLNESS

The details...

- experienced agricultural-focused mental health providers provide counseling services to farm individuals, couples, and/or families anywhere in the state – either in person, via video conference, or over the phone
- addresses the importance of mental health in helping farm families achieve their business and family goals
- recognizes that mental health issues often affect personal well-being and the health of farmers, farm businesses, farm service providers, agricultural professionals, and their respective families
- free and confidential
- language interpretation available

Let's talk about it...

As farmers, we are known for our work ethic and a strong sense of pride. While these traits can be virtues, there is a downside in that they can cloud perceptions and lead to a denial of problematic situations.

All kinds of situations can cause stress and anxiety:

- concern about the weather
- uncertainty on markets and their trends
- frustration with agencies and bureaucratic hassles
- stress from financial challenges
- fear of losing the family farm
- feelings of dread or hopelessness
- domestic abuse
- relationship changes
- work demands, work disruption
- emotional loss, grief, depression
- substance abuse

The purpose...

The purpose of this program is to offer support to people who work in agriculture, providing ways to cope with and manage stress.



*You matter.
No concern is too small.*

