

Farm Stress and Mental Health Resources and Trainings

This document is being compiled by AFT's Mental Health Taskforce to increase awareness among AFT staff of existing mental health resources that exist in our geographic regions so that staff are prepared should they receive requests from farmers seeking these services while engaging in AFT's programs to connect them with qualified professionals who can offer relevant services. AFT staff are not qualified to provide mental health services to the farmers we work with and should connect farmers requesting mental health services with mental health professionals whenever possible.

While this is intended to be a living document that we hope to grow and expand, it will likely never be a completely exhaustive list of every available resource across the country.

National

For immediate mental health needs, please contact one of these national hotlines:

- [Farm Aid Hotline](#)
800-FARM-AID (327-6243)
Monday-Friday 9:00 a.m. - 5:00 p.m. Eastern
- [988 Suicide and Crisis Lifeline](#)
24/7
- [2-1-1](#), a comprehensive hotline that connects callers with local resources

Cultivemos Podcast

If you're a farmer, you know the joys of working the land. You also know how stressful it can be—from family and financial pressures to isolation and an exhausting job with zero days off. In fact, agricultural workers experience suicide rates that are 50% higher than the national average, and that number is rising. On the Cultivating Resilience podcast, farm care starts with self-care. Hear from other farmers about the struggles they face every day and how they are overcoming them. Get connected to #farmermentalhealth resources and a community where farmers and ranchers can support each other when you tune in.

<https://podcasts.apple.com/us/podcast/cultivating-resilience/id1623202122>

[Cultivemos: The Network for Farmer Well-Being – Farm Aid](#)

Changing our Mental and Emotional Trajectory (COMET)

and immediate suicide risk. However, many people suffer from distress and moderate depression or anxiety, sometimes acutely and/or undiagnosed, that significantly impact their health and well-being. COMET fills that resource gap for people in this "vulnerable space" and aims to prevent a crisis.

COMET was developed by the [High Plains Research Network \(HPRN\)](#) Community Advisory Council (a grassroots group of ranchers, teachers, small business managers, students, and retirees in rural eastern Colorado), rural mental health professionals, and health researchers. Supported by the Patient-

Centered Outcomes Research Institute, this partnership conducted a rigorous exploration of mental health gaps and assets in rural communities. COMET(TM) provides training for farmers/ranchers, law enforcement, coroners, health care professionals, teachers, and retail workers. They are based in Colorado, Wisconsin, Nebraska, and California, but they also provide train-the-trainer programs, so their work is expanding beyond that footprint.

<https://medschool.cuanschutz.edu/family-medicine/community/practice-based-research-networks/hprn/projects-and-programs/comet>

Farm State of Mind

The American Farm Bureau Farm State of Mind campaign builds awareness to reduce stigma and provides access to information and resources that promote farmer and rancher mental health wellness. The program includes a directory of mental health resources, peer-to-peer support services, and training opportunities.

<https://www.fb.org/initiative/farm-state-of-mind>

Services: Resources, Trainings

Farm Stress Management

Choose from Financial Resources, Stress Management, or Legal Resources to find a variety of online information, guides, and tools developed to help in each of these areas. As more tools are developed, these pages will be updated to reflect current information and serve as a support for highlighting future workshops and programming.

<https://extension.umd.edu/programs/agriculture-food-systems/program-areas/integrated-programs/farm-stress-management>

Farm Stress Training

In this free online training, participants will learn to understand sources of stress, recognize warning signs of stress and suicide, identify effective communication strategies, reduce stigma related to mental health concerns, and connect farmers and ranchers with appropriate mental health and other resources

<https://nfu.org/education/farm-stress-education/>

Farm Stress: You Are Not Alone

Unpredictable weather, heavy workloads, and financial worries can sometimes take their toll on farm families and lead to mental and emotional distress, substance abuse, anxiety, depression, and even suicide. Caring for their own health and wellness is often overlooked but is just as critical as caring for their farm business. Farmers, agricultural agencies, and health professionals offer guidance and resources to help cope with farm stress.

<https://www.youtube.com/watch?v=2SDszgQciiA>

Good Grief Network

Good Grief Network provides social and emotional support to people who feel overwhelmed about the state of the world. This is an e0-Step Program aimed at individuals who want support to process their overwhelming feelings, deconstruct and reimagine cultural narratives, build community, and reinvest their energies into meaningful efforts. This is a unique and decentralized 10-step meeting that allows folks to connect with their community, share vulnerability, and process our heavy emotions, particularly focused on global climate change and other issues that have global and personal ramifications.

<https://www.goodgriefnetwork.org/10steps/>

How to cultivate a productive mindset

Farmers and those within the agricultural industry have a tendency to be eternal optimists, but with all of the variability in agriculture, there are times when we can become overwhelmed and stressed more than normal. Having the right mindset can help increase productivity and resiliency so we are better prepared when times are tough and more able to manage our farms and take care of our families and ourselves. Think of your mindset as a free tool you can use to save time and energy and get the most out of what you do.

https://www.canr.msu.edu/managing_farm_stress/uploads/files/farm_stress_handout_productive_mindset_final.pdf

Managing Stress on the Farm

Farm stress can lead to depression, and the farm can suffer. Strategies for stress include breathing, reaching out to friends, and reconnecting with what you care about. Resources are included at the end of the video.

<https://www.youtube.com/watch?v=hF3kTObfJV4>

My Farming Resource Network

Building a strong support and resource system for you and your family will come in handy during a time of need or concern. Make a list of the family, friends, neighbors, agencies, and organizations that can help you and give you advice. This publication is part of a series called Managing Stress and Pursuing Wellness in Times of Tight Margins.

<https://www.ag.ndsu.edu/publications/kids-family/my-farming-resource-network>

My Coping Strategies Plan

A helpful step in managing stresses in farming and ranching is to consider the “tools” or “strategies” that are available for dealing with particular stresses. This handout provides a list of useful coping “tools” that can be part of your toolbox for managing individual, family, or farming/ranching stresses.

<https://bookstore.ksre.ksu.edu/pubs/MF3418.pdf>

North Central Farm and Ranch Stress Assistance Center

North Central Farm and Ranch Stress Assistance Center is composed of lead agencies representing 12 states. We want to make sure that you, your family, and the people you work with have access to the resources needed when they are needed. We believe in working together to cultivate rural support, mental health resources, and community to help farmers, ranchers, and other agriculture workers as they navigate increasing stress.

<https://farmstress.org/>

National AgrAbility Project (NAP)

The vision of AgrAbility is to enhance the quality of life for farmers, ranchers, and other agricultural workers with disabilities so that they, their families, and their communities continue to succeed in rural America. <http://www.agrability.org/resources/mental-behavioral-health/>

New York/New Jersey

New York FarmNet:

NY FarmNet consultants work with farmers in teams of two, one focusing on financial issues and one focusing on family or emotional issues. Financial consultants have a background in agriculture and assist with business plans, cash flow analysis, succession planning, life after farming, developing financial records and record-keeping systems, and loan applications, to name a few. Family consultants have a master's level degree in social work or counseling. They work with farmers to improve family and marital relations, develop strategies for better communication, manage stress and anxiety, facilitate difficult discussions, and run family business meetings so that all members have a voice. Services are always free. <https://www.nyfarmnet.org/farm-stress-1>

NYS Agricultural Mediation Program:

NYSAMP services are free or low-cost and customized to a situation and the needs of the participants. Options include mediation, conciliation, facilitation, and conflict coaching.

<https://www.nysamp.com/>

New York Center for Agricultural Medicine & Health (Farm Partners Program):

Farm Partners provides free and confidential counseling and case management assistance to farmers and their families. According to the National Institute for Occupational Safety and Health (NIOSH), farming is one of the top ten most stressful occupations. The NYCAMH Farm Partners Program was established in 1992 to address the problems associated with work-related stress in farming.

The Farm Partners Program utilizes the "team approach" and works in conjunction with other farm human service agencies to assist farmers and their families with problem-solving. The staff members' counseling skills, as well as their resource knowledge, have enabled them to provide assistance to disabled farmers and those facing medical bills without the benefit of health care coverage. Fifty-four percent of Farm Partner cases have involved physical health problems, disabling medical conditions, or no healthcare coverage.

<https://www.nycamh.org/programs-and-services/farm-partners.php>

Mid-Atlantic

University of Maryland

This page offers resources on Farm Stress Management. It includes readings, workshops, and connection to support including an option for free family therapy.

<https://extension.umd.edu/programs/agriculture-food-systems/program-areas/integrated-programs/farm-stress-management>

Stress and Mental Health

This article from Penn State Extension offers information on the symptoms of stress and other mental health issues, care tips, and links to additional support and assistance for those with mental health issues.

<https://extension.psu.edu/stress-and-mental-health>

Midwest

How stress affects you

This activity sheet has a list of items detailing various impacts from stress. You can circle the items that apply to you in each section to better understand how stress affects you. This resource comes from the MSU Extension program RELAX Alternatives to Anger.

Webpage: <https://www.canr.msu.edu/resources/how-stress-affects-you>

PDF: https://www.canr.msu.edu/managing_farm_stress/uploads/files/farm_stress_handout_stress_affects_you_final.pdf

Services: Resources, Trainings, and/or Helpline

Illinois Farm Family Resource Initiative

FFRI provides a range of resources, including a helpline to assist with farmer and farm-related issues that include mental and physical health needs. The initiative offers outreach, education, support groups, and trainings to rural clients and partners working to improve the health and safety of farm families.

Webpage: <https://www.siumed.edu/farm/about-farm-family-resource-initiative-ffri>

Resource Library: <https://www.siumed.edu/farm/ffri-resources>

Michigan State University Extension

Farmers and those within the agricultural industry have a tendency to be eternal optimists, but with all of the variability in agriculture, there are times when we can become overwhelmed and stressed more than normal. Having the right mindset can help increase productivity and resiliency, so we are better prepared when times are tough, and more able to manage our farms and take care of our families and ourselves. Think of your mindset as a free tool you can use to save time and energy and get the most out of what you do.

<https://www.canr.msu.edu/resources/how-stress-affects-you>

Kansas Ag Stress Resources

Resources compiled on this website can help care for and assist Kansas farmers and ranchers in their well-being. You'll find help with stress management, financial and legal challenges, and many other needs. As more tools are developed, this website will be updated and serve as a hub of current information and resources.

<https://www.kansasagstress.org/>

Kansas State Research and Extension Stress, Resiliency, and Mental Health Resources

This extensive list from Kansas State covers topics from stress management to suicide prevention to farm and ranch-specific stress and strategies.

<https://www.ksre.k-state.edu/health/stress-management/resources.html>

Pacific Northwest

The AgriStress Helpline

The AgriStress Helpline is a free and confidential crisis and support line that you can call or text 24/7.

Phone calls have interpretation available in 160 languages, and text message services are available in English, Spanish, and Vietnamese. The helpline is answered by trained professionals who can offer support and help you find mental health and agriculture-related resources in your area. We know that agriculture is unique – that is why our crisis specialists have received training on the factors that impact people working in agriculture.

Now available in Colorado, Connecticut, Missouri, Montana, **Oregon**, Pennsylvania, Texas, Virginia, **Washington**, and Wyoming! If you or someone you know is struggling, call or text **833-897-2474**. If you have a medical emergency, call 911.

<https://www.agrisafe.org/agristress-helpline/>

Western Regional Agricultural Stress Assistance Program (WRASAP)

Funded by a USDA Farm and Ranch Stress Assistance Network grant, WRASAP is composed of lead agencies representing 13 states in the West and four territories. WRASAP conducts baseline research, facilitates networking and training for service providers, offers mini grants for organizations, and provides direct services to farmers.

<https://farmstress.us/>

- **Oregon State University**
 - Offers Oregon-specific resource guides, farm stress, and suicide prevention trainings
 - <https://extension.oregonstate.edu/farm-ranch-stress-assistance-network>
- **Washington State University**
 - Four regional Farm Stress and Suicide Prevention coordinators
 - Can connect producers to vouchers for six free mental health sessions
 - <https://news.cahnrs.wsu.edu/article/wsu-extension-resources-support-ag-workers-mental-health/>

Idaho Farm and Ranch Center

A program of the Idaho State Department of Agriculture offers a clearinghouse of stress management resources.

<https://agri.idaho.gov/farmcenter/stress-management-resources/>

University of Idaho Extension

Provides a compilation of Idaho-specific resources, including an Idaho suicide prevention hotline and local crisis centers.

<https://www.uidaho.edu/extension/farm-stress/resources>

Texas

Texas AgrAbility

Texas AgrAbility is a grant-funded program through the U.S. Department of Agriculture – National Institute of Food and Agriculture (USDA – NIFA) that provides services to farmers and ranchers with disabilities, functional limitations, and chronic health conditions.

<https://txagrability.tamu.edu/texas-agrability/>

Texas AgrAbility hosts recurring Question, Persuade, and Refer (QPR) training and other mental health training sessions, which can be found at [Calendar - Texas AgrAbility \(tamu.edu\)](#).

Texas Health and Human Services

Texas Health and Human Services offers mental health and substance use services for families and people of all ages.

<https://www.hhs.texas.gov/services/mental-health-substance-use>

The Southwest Center for Agricultural Health, Injury Prevention and Education

The mission of the SW Ag Center is to improve the safety & health of agricultural, forestry & fishing (AgFF) workers. This is accomplished through research, intervention & education projects that build and leverage a network of strategic partners who represent the diversity of the workforce and range of agricultural production in the region.

<https://www.uthct.edu/southwest-center-for-agricultural-health-injury-prevention-and-education/agstress/>

- AgriStress Helpline for Texas **833-897-2474**