



**Farm Stress Resources by Soy State
National Farm Stress Resources for U.S. and Canada
May 1, 2021**

#SoyHelp

Wisconsin

National Alliance on Mental Illness (NAMI), Wisconsin

Crisis and Suicide Prevention Lifelines: 800-273-TALK (8255) or 800-SUICIDE (784-2433)

The NAMI Information HelpLine is an information and referral service that can be reached by calling **800-950-NAMI (6264)** Monday through Friday, 10 a.m.- 6 p.m., EST.

Prevent Suicide Wisconsin

County Crisis Lines: <https://www.preventsuicidewi.org/county-crisis-lines>

North Central Health Care

800-799-0122 - Toll-Free call connecting to Crisis Support in the Marathon, Langlade, Lincoln Counties.

715-845-4326 - Connecting to Crisis Support in Marathon, Langlade and Lincoln Counties.

TDD 715-845-4928 - For those with hearing or speech difficulties.

Department of Agriculture, Trade and Consumer Protection

The [Wisconsin Farm Center](#) provides information and support to farmers and their families in order to help grow Wisconsin's agricultural economy. The Center partners with industry groups, government and educational entities, and other stakeholders in the agriculture sector.

Wisconsin Farm Center Warm Line: 800-942-2474

Available 7:45 a.m. to 4:30 p.m., weekdays.

You can also contact the Farm Center by email farmcenter@wisconsin.gov

Farmer Wellness Program

If you are experiencing anxiety, depression, or just need a welcoming ear to talk to, please call the 24/7 Wisconsin Farmer Wellness Hotline at 1-888-901-2558.

When stress levels are running high and you need someone to turn to for support, the Farmer Wellness Program can assist. The program is designed to provide farmers and farm families access to services that can help them navigate life's challenges, including:

Online farmer and farm couple support groups: Support groups focused on bringing farmers and farm couples together in a safe space to share challenges and offer encouragement, comfort, and advice to each other.

While these state resources and the following national resources are by no means exhaustive, ASA hopes they will be helpful in seeking qualified professional care.



**Farm Stress Resources by Soy State
National Farm Stress Resources for U.S. and Canada
May 1, 2021**

#SoyHelp

- Open to any farmers or farm family members located in Wisconsin.
- If you would like to be anonymous, please feel free to turn off your camera and use only your first name during sessions.
- Sessions will be led and moderated by peer leaders that are farmers who have experienced stress and anxiety while operating their own farm. A licensed mental health provider with extensive experience in serving farmers will also be on-hand at each session to offer additional support as needed.
- By joining, you agree to be respectful to all participants and keep information shared within the support group confidential.
- You are welcome and encouraged to join as many of these support group sessions as you like.

Farmer Wellness Tele-Counseling Sessions: Farmers and farm families can receive free, confidential and unlimited counseling sessions from a licensed mental health professional online or by phone through the Farmer Wellness Tele-Counseling Program. These sessions can be requested by contacting the 24/7 Farmer Wellness Hotline (1-888-901-2558) or Wisconsin Farm Center Helpline (1-800-942-2474).

Counseling Voucher Program: Through this program, farmers and farm families can obtain counseling services from a participating mental health provider in their local area at no cost. Vouchers can be requested by contacting the 24/7 Farmer Wellness Hotline or Wisconsin Farm Center Helpline.

'Rural Realities' Podcast: The 'Rural Realities' podcast focuses on helping farmers tap into their resilient nature by presenting advice from experts that can help reduce stress, improve a farm's financial situation, implement good farm family communication skills, and more. [Click here](#) to listen.



**Farm Stress Resources by Soy State
National Farm Stress Resources for U.S. and Canada
May 1, 2021**

#SoyHelp

Marshfield Clinic Research Institute

- Call 800-662-6900 or 715-389-4999
- C-19 Resources: [Click here for resources for farmers, parents, and teachers in the agricultural sector](#)

University of Wisconsin-Madison

- The University has a [Farm Stress section](#) with pages of farm-specific resources and tips for stress management, communicating in times of stress, how stress affects the brain and body, the future of your farm, and more.
- Access this page for specific information [Resilient Farms, Families, Businesses & Communities: Responding to Stress](#). There, you can download the [Resilient Farms, Families, Businesses & Communities](#) PDF on how to manage and break the cycle of chronic farm stress
- For families and those experiencing stress, read [Communicating in Times of Stress](#) for good tips to stay healthy and helpful.

While these state resources and the following national resources are by no means exhaustive, ASA hopes they will be helpful in seeking qualified professional care.