



**Farm Stress Resources by Soy State**  
**National Farm Stress Resources for U.S. and Canada**  
**May 1, 2022**  
**#SoyHelp**

## **Minnesota**

### **Minnesota Farm & Rural Helpline: 833-600-2670**

- Free, confidential, 24/7. This call center is located in Minnesota. Calls are answered by trained staff and volunteers. If you or someone you know is struggling with stress, anxiety, depression, or suicidal thoughts — call. Sometimes it's easier to talk to somebody you don't know.

### **Crisis Text Line: Text MN to 741 741**

### **Minnesota Warmline: 877-404- 3190 or text "Support" to 85511**

- Receive help through peer support to address loneliness, isolation, increased feelings of anxiety and depression, as well as help people living with mental health conditions with recovery and wellness before a crisis occurs.

### University of Minnesota Extension

Provides tips, online courses and resources for understanding and taking care of your [mental health](#).

- [Managing stress](#) begins with self-care. Fortunately, there are many things you can do at home and on your own schedule to support your mental health, maintain healthy communication and prevent isolation.
  - [Taking Care of Yourself Under Stress](#)
  - [Coping with Rural Stress](#)
  - WATCH: [The Stress Series](#)
  - [Healthy and Fit on the Go: Stress Relief](#)
  - [Farm Financial Counseling](#)
    - Call the Farm Information Line to set up a financial counseling session
    - 1-800-232-9077
    - Free and confidential
  - [Farming in Tough Times](#)

### Minnesota Department of Agriculture

- **Minnesota Farmer Assistance Network**

Minnesota Farmer Assistance Network: 877-898-6326 or 651-201-6327

The [Minnesota Farmer Assistance Network \(MFAN\)](#) was established within the Minnesota Department of Agriculture in 2009. MFAN's purpose is to be a one-call place to access a wide

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variety of resources for farm families under stress. Partners in the network include over a dozen education, counseling and social service agencies.

- **Minnesota Rural Mental Health Specialists**

The Minnesota Department of Agriculture understands the extreme pressure farmers face today. To ensure farmers have access to adequate help that suits their needs, the Department of Ag. provides subsidized counseling for farms.

**Ted Matthews:** 320-266-2390 & **Monica McConkey:** 218-280-7785

These specialists work with farmers throughout Minnesota. **No cost; no paperwork.** The service is available thanks to funds from the Minnesota Legislature. Information from Matthews can be found at <https://www.farmcounseling.org/>, and helpful blog posts at <https://www.farmcounseling.org/blog>

- **Mobile Crisis Teams**

Available in every Minnesota county, [mobile crisis team counselors](#) can respond quickly and provide in-person, short-term counseling or mental health services during a crisis or emergency. Calls are answered immediately 24 hrs/day. Responders travel in private vehicles and generally arrive within 2 hours.

- **Red River Farm Network “TransFARMation” partnership**

Click to listen to [TransFARMation](#) episodes on iTunes, Spotify, or your favorite podcast app: Radio shows and podcasts about farm stress stories and strategies

Prompted by the many sources of stress currently impacting farmers and ranchers, the Minnesota Department of Agriculture and the Red River Farm Network have joined forces to create a new radio and podcast series called *TransFARMation*. The series is designed to increase awareness and reduce inhibitions about acknowledging farm stress, as well as highlight the resources available. Local farmers, ranchers and agricultural stakeholders are featured, sharing personal stories and offering a message of hope.

- **Resource Page**

- [Coping with Farm & Rural Stress](#)
- [Coping with Farm & Rural Stress in Minnesota \(printable brochure\)](#)

### **NAMI Minnesota**

[NAMI Minnesota](#) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. They offer information, classes, support groups, and suicide prevention training.

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