



**Farm Stress Resources by Soy State**  
**National Farm Stress Resources for U.S. and Canada**  
**May 2024**  
**#SoyHelp**

## **Minnesota**

### **988: Suicide and Behavioral Health Crisis Hotline:** Dial or Text 988

- 988 is the new, 3-digit suicide prevention and crisis support line available nationwide, including Minnesota.
- You can either call or text to connect with behavioral or mental health crisis services.
- The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

### **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.

### **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

- [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.
- [Taking Care of Yourself in Isolation](#)
- [Coping with Rural Stress](#)
- WATCH: [The Stress Series](#)
- [Healthy and Fit on the Go: Stress Relief](#)
- [Getting Through 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 variety of resources for farm families under stress. Partners in the network include over a dozen education, counseling and social service agencies.

*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.*



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**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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