

# Mental Health Resources

## Coping with Farm & Rural Stress

Resources to help with rural mental health, including the Farm and Rural Helpline and mobile crisis teams.

**Website:** <https://bit.ly/MFBFmentalhealth>

## 988 Suicide and Crisis Lifeline

By calling or texting 988, you'll connect with mental health professionals with the 988 Suicide and Crisis Lifeline. The 988 Lifeline provides 24/7, confidential support to people in suicidal crisis or mental health-related distress.

The Substance Abuse and Mental Health Services Administration (SAMHSA), part of the U.S.

Department of Health & Human Services, offers free resources in English and Spanish to bring awareness to the 988 Lifeline.

**Website:** <https://bit.ly/SAMHSAproducts>

## SafeTalk Suicide Prevention Course

Four-hour workshop teaching how to prevent suicide by recognizing signs, engaging, and connecting to an intervention resource.

Sponsorships available from the Minnesota Department of Agriculture.

**Training:** [livingworks.net/safetalk](https://livingworks.net/safetalk)

**Sponsorship:** <https://bit.ly/MDAsponsorship>

## Farm State of Mind

Directory of stress and mental health resources curated by the American Farm Bureau Federation and searchable by state.

**Website:** [fb.org/land/fsom](https://fb.org/land/fsom)

## TransFARMatIon

Radio/podcast series hosted by the Red River Farm Network, Linder Farm Network, and Minnesota Department of Agriculture, supported by Minnesota Farm Bureau.

**Website:** [rfrn.com/transformation](https://rfrn.com/transformation)

## Community-Based Opioid Prevention and Education (COPE)

Resources accumulated by University of Minnesota Extension to support wellness and healing with opioids, overdoses, and treatment.

**Website:** [z.umn.edu/learn-about](https://z.umn.edu/learn-about)

## MN Department of Agriculture

Brochure from the Minnesota Department of Agriculture highlighting resources and organizations ready to help when farmers and farm family members feel stress.

**Website:** [www.minnesotafarmstress.com](https://www.minnesotafarmstress.com)

## Recommended Speakers

### Minnesota Farm Bureau

Ruth Meirick, Foundation Director: 651-768-2115

### Minnesota Ag Mental Health Specialists

Ted Mathews: 320-266-2390

Monica McConkey: 218-280-7785

### University of Minnesota Extension

Emily Krekelberg, Farm Safety & Health: 507-258-8782

### National Alliance on Mental Illness (NAMI)

Request a NAMI presentation at <https://bit.ly/NAMIrequest>

Add conversations about mental health to your next community event agenda or invite your school district to host an assembly.

[www.fbmn.org](https://www.fbmn.org)

