

Farm Stress and Mental Health Resources

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 that has 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>

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>

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 is affecting 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

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

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>

Managing Stress on the Farm

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

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

Michigan State University Extension

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

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 supports, mental health resources, and community to help farmers, ranchers, and other agriculture workers as they navigate increasing stress.

<https://farmstress.org/>

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>

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>

Farmers Stress and Solutions Series

Mental Health is a term that is thrown around a lot, but did you know it refers to anything that connects with our emotional well-being? It can be as simple as how to deal with stress that your finances cause you, to dealing with the grief and loss of a partner in your life. All of these parts of our lives are woven in and out of our farms and need caring for in order for our businesses to thrive! Earlier in 2022 we put together a series of videos talking with local farmers about a couple of different topics surrounding mental health/wellness. They're the perfect thing to listen to while moving fencing, weeding veggies or going to-and-for in the busy market season. Give them a listen and see if you can learn a thing or two!

<https://newfarms.uconn.edu/solid-ground-videos/stressandsolutionsseries/>