



DEPARTMENT OF  
AGRICULTURE

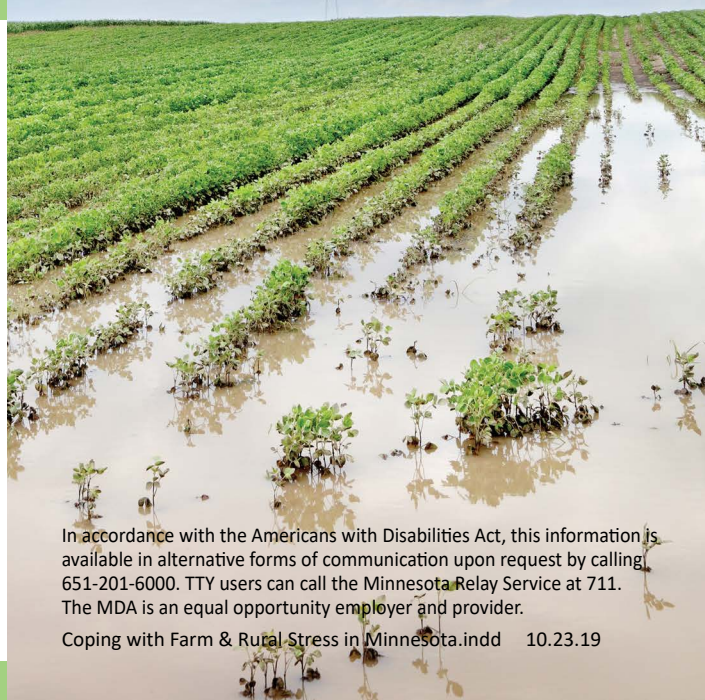
To request copies of this brochure,  
call 651-201-6012.

[www.minnesotafarmstress.com](http://www.minnesotafarmstress.com)

# COPING WITH FARM & RURAL STRESS IN MINNESOTA

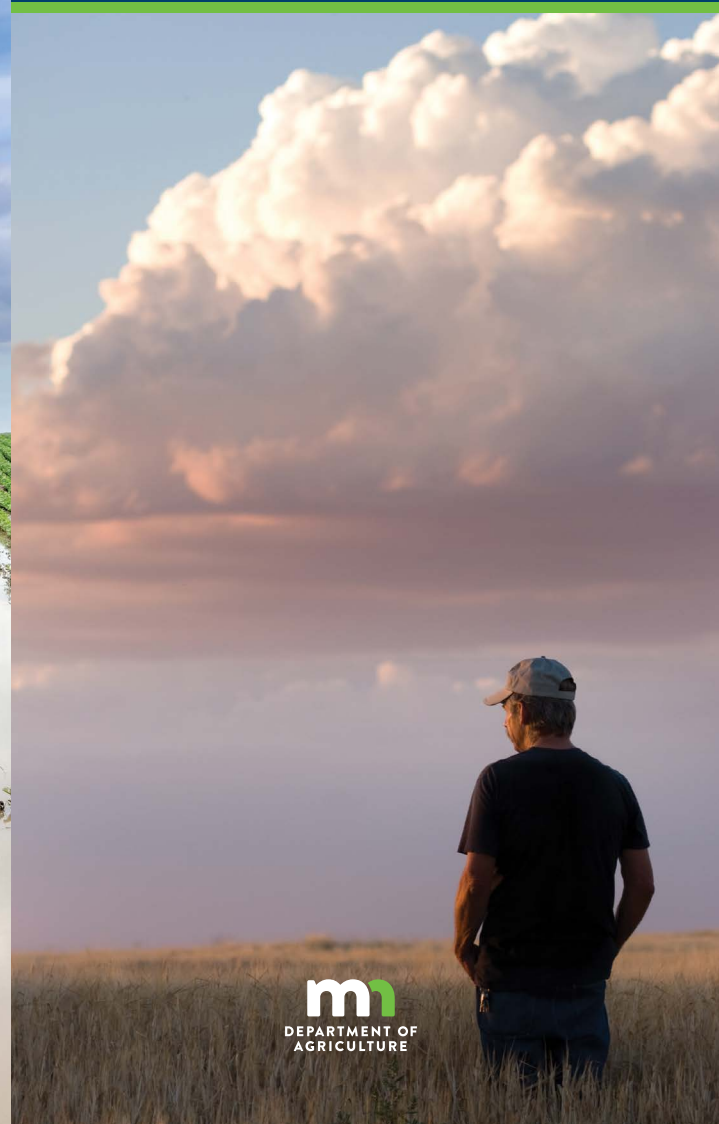
Farming can be a stressful occupation. Often, you live where you work. Your co-workers may be your spouse or other family members. While you get to be your own boss, you feel responsible for a lot and can control very little.

Financial problems, price and marketing uncertainties, farm transfer issues, production challenges, marital difficulties, and social pressures can be real sources of stress for farmers and farm family members. Inside this brochure, you'll find some of the people and organizations who are ready to help.



In accordance with the Americans with Disabilities Act, this information is available in alternative forms of communication upon request by calling 651-201-6000. TTY users can call the Minnesota Relay Service at 711. The MDA is an equal opportunity employer and provider.

Coping with Farm & Rural Stress in Minnesota.indd 10.23.19



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## HELP FOR STRESS, ANXIETY, DEPRESSION, ANGER, OR FEELING “STUCK”

### Minnesota Farm & Rural Helpline

833-600-2670 (press 1)  
[minnesotafarmstress.com](http://minnesotafarmstress.com)

Free, confidential, 24/7. 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. Translators available.

### Ted Matthews & Monica McConkey Rural Mental Health Counselors

320-266-2390 (Ted) or 218-280-7785 (Monica)

Ted and Monica work with farmers throughout Minnesota. No cost; no paperwork. This service is funded by the Minnesota Legislature.

### Mobile Crisis Teams

From a cell phone, dial \*\*CRISIS (\*\*274-747)  
[mn.gov/dhs/crisis](http://mn.gov/dhs/crisis)

Available in every county, counselors can arrive quickly and provide in-person, short-term counseling or mental health services during a crisis or emergency.

### University of Minnesota Extension

800-232-9077  
[extension.umn.edu/rural-stress](http://extension.umn.edu/rural-stress)

Offers financial and mental health programs, news, and resources, including online stress workshops.

### National Suicide Prevention Lifeline

800-273-8255 (Veterans, press 1)

### Crisis Text Line

Text MN to 741 741



## HELP WITH DAILY LIVING

For help getting food, heat, electricity, health care, childcare, senior programs, or other resources important to health and well-being, call 2-1-1 or go to [www.211.org](http://www.211.org). This United Way service will point you to help available nearby.



## BUSINESS, FINANCIAL, AND LEGAL HELP

### Minnesota Farm Advocates

833-600-2670 (press 0)  
[www.mda.state.mn.us/farmadvocates](http://www.mda.state.mn.us/farmadvocates)

Free, personal help for farmers having financial problems or who have been through a natural disaster. Farm Advocates have experience with agricultural lending and lender negotiation, mediation, farm programs, crisis counseling, and disaster relief. They can also help you find financial, legal, or social services.

### Farmer-Lender Mediation

218-935-5785  
[z.umn.edu/mediation](http://z.umn.edu/mediation)

For farmers in debt who need help negotiating with a lender or creditor. In Minnesota, farmers have a legal right to mediation for secured debt over \$15,000.

### Farmers Legal Action Group (FLAG)

877-860-4349  
[flaginc.org](http://flaginc.org)

Legal services, referrals, and support for family farmers.

### Minnesota Rural Finance Authority

651-201-6556  
[www.mda.state.mn.us/agfinance](http://www.mda.state.mn.us/agfinance)

Partners with local lenders to offer a wide variety of low-interest loans for farmers.

### Minnesota State Farm Business Management Education

218-894-5163 or 507-389-7263  
[agcentric.org/farm-business-management](http://agcentric.org/farm-business-management)

Teaches farmers how to use their own farm records to make business decisions and helps them develop management skills.

### U of M Extension Financial Counseling for Farmers

800-232-9077  
[z.umn.edu/financehelp](http://z.umn.edu/financehelp)

Financial analysts meet with farmers to help them make sense of their financial situation and explore options to keep their farms functioning. Free and confidential.