

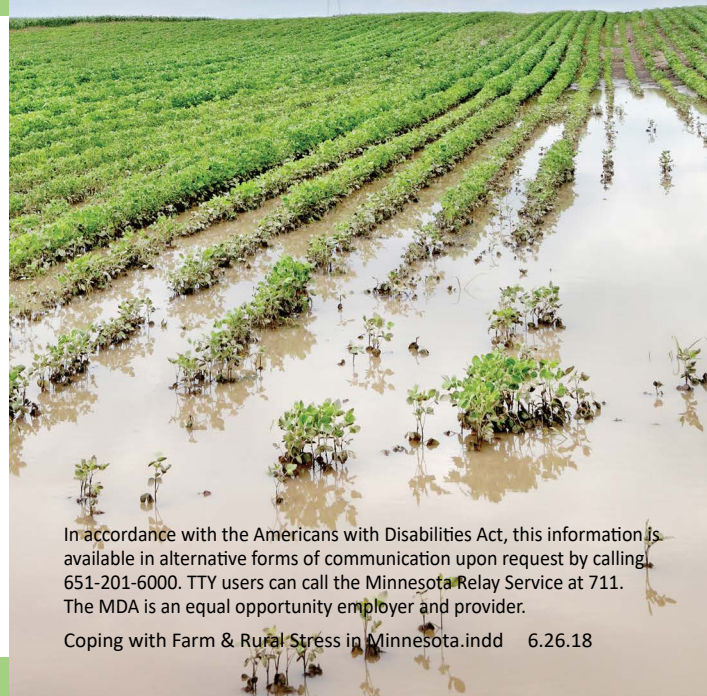


COPING WITH FARM & RURAL STRESS IN MINNESOTA

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

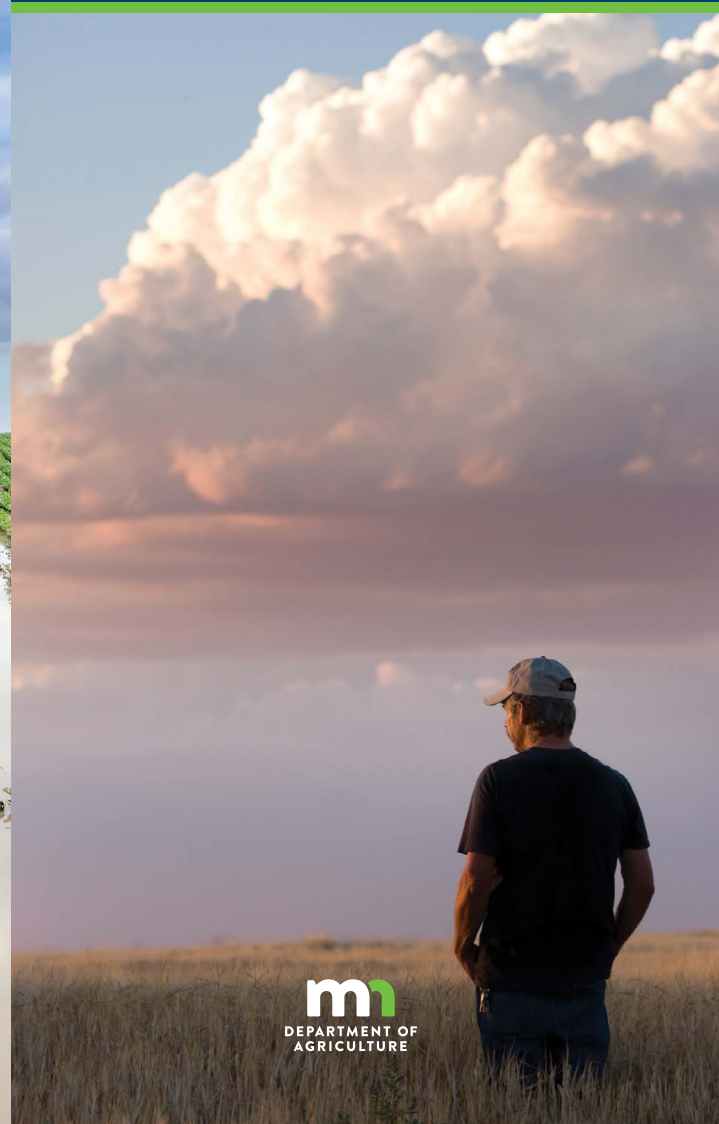
Farming can be a stressful occupation. Often, you live where you work. Your co-workers may be your spouse or other family members. While you get to be your own boss, you feel responsible for a lot and can control very little.

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.

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

Minnesota Farm & Rural Helpline 833-600-2670 x 1

Free, confidential, 24/7. Calls are answered by trained staff and volunteers located here in Minnesota. 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 Rural Mental Health Counselor 320-266-2390 www.centerofagriculture.org (search for “mental health”)

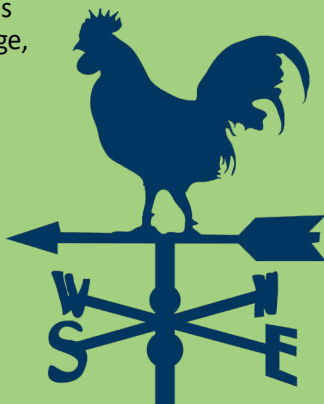
Ted works with farmers across the entire state. No cost; no paperwork. The service is available thanks to funds from the Minnesota Legislature.

Mobile Crisis Teams www.mn.gov/dhs (search for “adult mental health phone numbers”)

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

University of Minnesota “Dealing With Stress” Website www.z.umn.edu/stressresources

Insights, tips, and resources to help you identify, manage, and help others who are experiencing stress.



HELP WITH DAILY LIVING

If you need help securing 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. This service is run by the United Way and will point you to help that's available near you.



BUSINESS, FINANCIAL AND LEGAL HELP

Farmer-Lender Mediation 218-935-5785 www.extension.umn.edu/agriculture/farmer-lender-mediation

Mediation help for farmers who are having difficulties with a loan and/or lender.

Farmers Legal Action Group (FLAG) 877-860-4349 www.flaginc.org

Legal services, referrals, and support for family farmers.

Minnesota Farm Advocates 218-346-4866 www.mda.state.mn.us/farmadvocates

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

Minnesota Rural Finance Authority 651-201-6556 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 <https://agcentric.org/farm-business-management>

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

University of Minnesota Extension Free, Confidential Financial Counseling for Farmers 800-232-9077 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. This is a free and confidential service.