

Crisis Line Numbers

- ▶ [211](#)
- ▶ [Poison Control:1-800-222-1222](#)
- ▶ [National Suicide Prevention Hotline: 1-800-273- 8255 \(1-800-273-TALK\)](#)
- ▶ [Military Veterans Suicide Hotline: 800-273- 8255 \(1-800-273-TALK\) Press 1](#)
- ▶ [Farm Aid Hotline: 1-800-FARM-AID \(1-800-327-6243\)](#)
- ▶ [LGBTQ Suicide Hotline: 1-866-4-U-TREVOR](#)

Service Identification Links

- ▶ [211](#)—24/7 on-line, chat, text, and phone connections to local resources. [Call 211 for Essential Community Services | United Way 211](#)
- ▶ [Farm Aid](#)—Ag Specific Resource for links at info at state and community level services. On-line search and hot line. **1-800-FARM-AID (1-800-327-6243)** Monday through Friday from 9:00 a.m. to 10:00 p.m. eastern time, and 6:00 a.m. to 7:00 p.m. western time. [Resources for Farmers – Farm Aid](#)
- ▶ [Rural Health Information Hub](#)—On-line catalog of state level resources. [Rural Health Resources by State - Rural Health Information Hub](#)
- ▶ [Western Agricultural Stress Assistance Program](#)-- On-line catalog of state level resources for Western States. [Clearinghouse - Western Region Agricultural Stress Assistance Program \(farmstress.us\)](#)

Farm Stress and Agricultural Competence Links

- ▶ [Rural Resilience: Farm Stress Training](#)
 - ▶ Released in 2020 by Michigan State University Extension and University of Illinois Extension
 - ▶ Self-guided training on managing stress, communicating with distressed farmers and suicide awareness
- ▶ [American Psychological Association & Farm Aid Training](#)
 - ▶ Released in 2019 by APA and Farm Aid
 - ▶ One-hour webinar explaining mental health crisis for farmers and ways to connect with farmers
- ▶ [Depression, Alcohol and Farm Stress: Addressing Co-Occurring Disorders in Rural America](#)
 - ▶ Released in 2020 by Mountain Plains MHTTC
 - ▶ This guide provides resources specific to screening for co-occurring disorders among the farming community using a case scenario
- ▶ [Farm Stress: Facts, Impact of COVID-19, and Resource and Training Needs of Mental Health Care Providers](#)
 - ▶ Released 2020 by Mountain Plains MHTTC
 - ▶ A brief summarizing the content from key stakeholder interviews regarding perceptions about mental health needs facing the farming community and also provides a resource list for mental health providers

Training Programs to Increase Skill in Community Intervention

- ▶ [Mental Health First Aid](#)--Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues. [Mental Health First Aid](#)

Colorado AgrAbility Project Presentation Resource List

- ▶ **QPR: Question, Persuade, Refer**--The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know. [QPR Institute | Practical and Proven Suicide Prevention Training QPR Institute \(en-US\)](#)
- ▶ **“COMET: Changing Our Mental and Emotional Trajectory**-- recognizes our rural values of neighbor helping neighbor, and communities being their own best resource – especially when concerned about another’s emotional and mental well-being. COMET@cuanschut.edu

Others

- ▶ [Rural Health Information Hub](#)
 - ▶ The RHHub is your guide to improving health for rural residents—we provide access to current and reliable resources and tools to help you learn about rural health needs and work to address them.
- ▶ [Home | Mental Health Technology Transfer Center \(MHTTC\) Network \(mhttcnetwork.org\)](#)
 - ▶ Our collaborative network supports resource development and dissemination, training and technical assistance, and workforce development for the mental health field. We work with systems, organizations, and treatment practitioners involved in the delivery of mental health services to strengthen their capacity to deliver effective evidence-based practices to individuals.
 - ▶ Nationwide network broken into regional application
- ▶ [Western Region Agricultural Stress Assistance Program \(farmstress.us\)](#)
 - ▶ Funded by a USDA Farm and Ranch Stress Assistance Network grant, the Western Regional Agricultural Stress Assistance Program is composed of lead agencies representing 13 states and 4 territories.
- ▶ [WRASAP Baseline Aggregate Report](#)
 - ▶ Released 2022 by Western Regional Agricultural Stress Assistance Program (WRASAP)
 - ▶ Results of survey aimed to better understand the types of stressors that agricultural producers are facing, what types of stress management topics and dissemination strategies they would most prefer
- ▶ www.RuralMinds.org
 - ▶ The mission of Rural Minds is to serve as the informed voice for mental health in rural America, and to provide mental health information and resources. The nonprofit pursues collaborative initiatives to help end the silence, stigma, and suffering that surround mental illness.
- ▶ [Home - AgriSafe Network](#)
 - ▶ AgriSafe was formed in 2003 by rural nurses who believed that together they could improve the health and safety of farmers and ranchers. Today, AgriSafe builds the competency of health and safety professionals to deliver exceptional occupational agricultural health care.

[CALM: Counseling on Access to Lethal Means | Suicide Prevention Resource Center \(sprc.org\)](#)

- ▶ Reducing access to lethal means, such as firearms and medication, can determine whether a person at risk for suicide lives or dies. This free online course focuses on how to reduce access to the methods people use to kill themselves. It covers how to: (1) identify people who could benefit from lethal means counseling, (2) ask about their access to lethal methods, and (3) work with them—and their families—to reduce access.
- ▶ While this course is primarily designed for mental health professionals, others who work with people at risk for suicide, like social service professionals and health care providers, may also benefit from taking it