

### RESOURCES FOR FARMERS AND RURAL COMMUNITIES

Working in farm and agriculture occupations can be stressful. Financial problems, price uncertainties, and production challenges can be real sources of stress - even crisis - for farmers and rural community families.

#### **THERE ARE PEOPLE AND ORGANIZATIONS READY TO HELP:**



- **Preparing for Sick Agricultural Workers and COVID-19:**

Minnesota Department of Health:  
651-201-5414 or 1-877-676-5414

- **Mobile Crisis Teams:**

1-800-423-8781

*Answered 24/7. Private vehicles generally arrive within two hours to provide in-person counseling during a crisis.*

- **National Suicide Prevention Lifeline:**

1-800-273-8255 (Veterans, press 1)

- **Crisis Text Line:**

Text MN to 741 741

- **Crisis Call Line:**

Call \*\*CRISIS (274747) from a cell phone

- **Stress and Financial Help/Minnesota Farm & Rural Helpline:**

1-833-600-2670 x1

*Free, Confidential, and 24/7.*

- **Minnesota Rural Mental Health Specialists:**

- Ted Matthews: 320-266-2390

- Monica McConkey: 218-280-7785

*Services provided to farmers in Minnesota.  
No cost; no paperwork.*

- **Minnesota Board of Animal Health's Carcass Assistance Hotline:**

651-201-6041

- **Natural Resources Conservation Services:**

320-523-1553

- **Renville County Environmental Services:**

320-523-3768

[General Agriculture Questions.](#)

- **MDA Animal Processing Staff:**

- Jim Ostlie - 320-842-6910

[Jim.Ostlie@state.mn.us](mailto:Jim.Ostlie@state.mn.us)

- Courtney VanderMey - 651-201-6135

[Courtney.VanderMey@state.mn.us](mailto:Courtney.VanderMey@state.mn.us)

- **Food & Feed Safety Main Line:**

651-201-6027

[MDA.FFSD.Info@state.mn.us](mailto:MDA.FFSD.Info@state.mn.us)

- **Rural Finance Authority Office Finance & Budget:**

651-201-6004

- **MDA COVID Question Line:**

[mdaresponds@state.mn.us](mailto:mdaresponds@state.mn.us)

- **Mental Health America - Tools to Thrive:**

[www.mhanational.org/mental-health-month](http://www.mhanational.org/mental-health-month)

- **Minnesota Department of Health/ Coping with COVID:**

<https://mn.gov/dhs/crisis/>

- **Peer Support Connection Warmline:**

844-729-6360

*Call or text between 5pm and 9am for peer-to-peer support.*