

# Mental Health, Agriculture, & LGBT+ Resources

Updated on January 30, 2024 by AgriSafe Network

## MENTAL AND BEHAVIORAL HEALTH RESOURCES-----

- **Healing Conversations – Fill out a form on their website**
  - Website: [ASFP.ORG/HEALING-CONVERSATIONS](https://asfp.org/healing-conversations)
  - Peer support for individuals who lost someone to suicide.
- **Crisis Text Line - Text “HOME” to 741741 (for Spanish, text “AYUDA”)**
  - Website: [CRISISTEXTLINE.ORG](https://crisistextline.org)
  - 24/7/365, English and Spanish
- **988 Suicide & Crisis Lifeline - Call or text 988**
  - Website: [988LIFELINE.ORG](https://988lifeline.org)
  - 24/7/365, English and Spanish
- **Veteran Crisis Line – Call 988 and press 1, or text 838255**
  - Website: [VETERANCRISISLINE.NET](https://veteran-crisis-line.net)
  - Crisis support for veterans and their loved ones.
  - 24/7/365
- **SAMHSA’s National Helpline - Call 1-800-662-4357 or text 1-800-487-4889**
  - Website: [SAMHSA.GOV/FIND-HELP/NATIONAL-HELPLINE](https://samhsa.gov/find-help/national-helpline)
  - SAMHSA stands for the Substance Abuse and Mental Health Services Administration
  - Behavioral health and substance use resources and info for individuals and their family members.
  - 24/7/365, English and Spanish
- **SAMHSA’s Disaster Distress Helpline - Call 1-800-985-5990 (for Spanish, call then press 2)**
  - Website: [SAMHSA.GOV/FIND-HELP/DISASTER-DISTRESS-HELPLINE](https://samhsa.gov/find-help/disaster-distress-helpline)
  - Crisis counseling for emotional distress due to natural or human-caused disasters.
  - 24/7/365, English and Spanish, ASL options available, translation in 100+ languages
- **NAMI Helpline – Call 1-800-950-6264 or text “HelpLine” to 62640**
  - Website: [NAMI.ORG/HELP](https://nami.org/help)
  - NAMI stands for the National Alliance on Mental Illness
  - Nationwide peer-support (and resources) on mental health.
  - Mon-Fri, 10am – 10pm ET
- **WarmLines – Visit their website and search their directory by state to find local numbers**
  - Website: [WARMLINE.ORG](https://warmline.org)
  - Free peer-to-peer support for when you need someone to talk to, but it’s not a crisis.
  - The website looks old, but it’s updated frequently and is a great resource.

## FINDING TREATMENT -----

- **[FINDTREATMENT.GOV](https://findtreatment.gov)**
  - Online database for finding behavioral health treatment services (for mental health or substance use).
- **[211.ORG](https://211.org)**
  - Find your states individual 211 website and access a bounty of resources for anything you might need in your area – financial assistance, education, healthcare, food, transport, etc.
  - You may also call “211” to have someone help you find resources near you.
- **SAMHSA’s HELP4U – Text your 5-digit ZIP Code to 437748 (HELP4U)**
  - 24/7/365 free treatment referral service available via text.

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## AGRICULTURE-SPECIFIC RESOURCES -----

- **The AgriStress Helpline - Call or text 833-897-2474**
  - Website: [AGRISAFE.ORG/AGRISTRESS-HELPLINE](https://AGRISAFE.ORG/AGRISTRESS-HELPLINE)
  - Crisis line for people working in agriculture, forestry, and fishing.
  - Call translation in 160 languages; Texting available in English, Spanish, and Vietnamese
  - 24/7/365 - Available in CO, CT, MO, MT, OR, PA, TX, VA, WA, & WY – working on making it national!
- **Farm Rescue – Fill out an online application or mail an application (found on website)**
  - Website: [FARMRESCUE.ORG/APPLY](https://FARMRESCUE.ORG/APPLY)
  - Services available for Illinois, Iowa, Kansas, Minnesota, Montana, Nebraska, North Dakota, and South Dakota
  - Provides free planting, haying, harvesting and livestock feeding assistance to farm families who have experienced a major injury, illness (which may include depression/mental illness) or natural disaster. These services are provided by skilled volunteers, operating Farm Rescue’s state-of-the-art equipment.
- **Farm Aid Hotline – Call 1-800-327-6243**
  - Website: [FARMAID.ORG/OUR-WORK/RESOURCES-FOR-FARMERS](https://FARMAID.ORG/OUR-WORK/RESOURCES-FOR-FARMERS)
  - Farm Aid has a variety of resources that include risk management, disasters, legal matters, social services, and more.
  - Mon-Fri, 9am - 9pm ET
  - English and Spanish

## LGBTQIA+ RESOURCES -----

- **The Trevor Project - Call 866-488-7386 or text “START” to 678-678**
  - Website: [THETREVORPROJECT.ORG](https://THETREVORPROJECT.ORG)
  - For LGBTQIA+ youth and allies (~ages 13-24)
  - 24/7/365
- **Trans Lifeline - 877-565-8860 (for Spanish, call then press 2)**
  - Website: [TRANSLIFELINE.ORG](https://TRANSLIFELINE.ORG)
  - The Trans Lifeline provides 24/7 free peer support for the transgender community, and is run by and for trans people.
- **SAGE National LGBT Elder Hotline - Call 877-360-5428**
  - Website: [SAGEUSA.ORG/WHAT-WE-DO/SAGE-NATIONAL-LGBT-ELDER-HOTLINE](https://SAGEUSA.ORG/WHAT-WE-DO/SAGE-NATIONAL-LGBT-ELDER-HOTLINE)
  - Connects older LGBT+ people and their caregivers with friendly responders who listen.
  - 24/7/365, English and Spanish with translation in 180 languages
- **The LGBT National Hotline - Call 888-843-4564**
  - Website: [LGBTHOTLINE.ORG/NATIONAL-HOTLINE](https://LGBTHOTLINE.ORG/NATIONAL-HOTLINE)
  - Peer-support, info, and resources for callers of all ages.
  - Mon-Fri from 4pm - midnight ET and Sat from noon - 5pm ET