

Mental Health, Agriculture, & LGBT+ Resources

Updated on February 4, 2025 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://veterancrisisline.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 state’s 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
 - 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 AZ, 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
 - 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
 - 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
 - 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
 - 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
 - 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
 - Peer-support, info, and resources for callers of all ages.
 - Mon-Fri from 4pm - midnight ET and Sat from noon - 5pm ET