

# Resources for Farmers

- **Minnesota Farm & Rural Helpline**
  - 833-600-2670
  - Available 24/7
  - Free
  - Confidential
  
- **Minnesota Rural Mental Health Specialists**
  - Monica McConkey 218-280-7785 (Generally serving areas north of Highway 12, which runs from Ortonville through Willmar to the Twin Cities)
  - Ted Matthews 320-266-2390 (Generally serving areas south of Highway 12)
  - Monica and Ted work with farmers throughout Minnesota. There is no cost and no paperwork
  
- **Mobile Crisis Teams**
  - <https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/adult-mental-health/resources/crisis-contacts.jsp>
  - This web site has an interactive map that lists phone numbers for each county
  - Phones numbers are answered 24/7
  - Responders travel in private vehicles and generally arrive within two hours
  
- **University of Minnesota Extension**
  - <https://extension.umn.edu/rural-stress>
  - This site lists financial and mental health resources
  
- **National Suicide Prevention Lifeline**
  - 800-273-8255 (800-273-TALK)
  
- **Crisis Text Line**
  - Text MN to 741741
  - Immediate, free and confidential support for people in distress