Resources for Navigating 2020

We understand agriculture is stressful. Use these resources to take care of yourself and your families. Also, check in on your neighbors – give them a call, wave, show each other how much you value each other.

TransFARMation
With the many sources of stress impacting agriculture, the Minnesota Department of Agriculture and the Red River Farm Network joined forces to create a radio and podcast series, TransFARMation.

TransFARMation: Self-Care is Not Selfish
TransFARMation: Farmer Opens Up About His Battle With Depression
TransFARMation: Farm Leader Says Healing Can Begin by Talking

Listen to more at rrfn.com/transfarmation/.

Minnesota Farm and Rural Stress Resources
Minnesota Department of Agriculture

Ted Matthews - 320-266-2390
Monica McConkey - 218-280-7785
Rural Mental Health Counselor

Ted and Monica work with farmers across Minnesota. No cost; no paperwork.

Disaster Mental/Behavioral Health and Emergency Preparedness

Coping with Farm & Rural Stress

Cultivating Resiliency for Women in Agriculture
Sessions to Help Weather Stress

This interactive online series sets out to help women in agriculture by focusing on what they can control in these challenging times and connect them with resources and information that can help them weather stress.

UMASH has archived sessions - listen here.

American Farm Bureau Resources

Rural Resilience Webpage
Rural Resilience Training Program

Farm Resiliency Resources

Please ask for help. Click the underlined phrases for more information.

Resources for difficult times
Find help, counseling, advocacy, legal and referral resources.

Farm financial counseling
Experiencing financial stress? Call 1-800-232-9077 for free, confidential financial counseling.

Farmer-Lender mediation
Need help with farm debt? Learn how mediation can help.

Source: University of Minnesota Extension

For more resources regarding COVID-19 visit fbmn.org/covid-19.