



Resources for Farm and Rural Stress

When financial challenges, isolation and unpredictable factors like weather and markets collide, the pressure on farmers and their families can feel overwhelming. If you're feeling overwhelmed or struggling to cope, you're not alone. Help and support are available:

Personal Assistance Services: Iowa Farm Bureau partnered with Farm Foundation and Iowa State Extension and Outreach to provide Iowa farm families with access to free, ongoing, 24/7 counseling with counselors who understand the challenges of farm life. Call (833)-999-3276 or visit www.familyfarmwellness.com/pas-services/family-and-individual-counseling.

Farm Rescue: Services include planting, haying, harvest, grain hauling and livestock feeding assistance to farm families during times of extreme need—such as a major injury, illness or natural disaster—all at no cost. Call (701) 252-2017 or visit farmrescue.org.

Iowa Concern Hotline: Managed by Iowa State University Extension and Outreach, services include legal education, stress counseling, financial concerns and crisis assistance following natural disasters, accidents and/or family emergencies. Call or text (800) 447-1985, email iowaconcern@iastate.edu or chat online at extension.iastate.edu/iowaconcern.

TEEN Line: Helps teens and/or their parents navigate tough issues such as stress, relationships and physical, social and emotional changes. Call (800) 443-8336.

Iowa Mediation Service: Services include farm transition planning, facilitation of family conflict, agricultural loan/contract mediation and more. Call (515) 331-8081, email admin@iowamediationservice.com or visit iowamediationservice.com.

Iowa Aging Services: Resources for caregivers, home modification, fall prevention and senior care options. Visit hhs.iowa.gov/health-prevention/aging-services.

Your Life Iowa (Substance Abuse): Provides support for gambling, alcohol, tobacco and drug addictions; suicidal thoughts; and children's and maternal mental health. Call (855) 581-8111, text (855) 895-8398 or chat online at yourlifeiowa.com/get-help.

National Suicide Prevention Hotline: If you or someone you know is facing a mental health crisis, call or text 988 or chat online at 988lifeline.org. These lines operate 24/7.

A list of all of these services and more can be found at iowafarmbureau.com/mentalhealth.