



Stronger Together

#FarmStateOfMind

farmstateofmind.org

Farm State of Mind

The American Farm Bureau Farm State of Mind campaign builds awareness to reduce stigma and provides access to information and resources that promote farmer and rancher mental health wellness.

Visit farmstateofmind.org to learn more.



National Resource Directory

A comprehensive searchable online directory of resources featuring listings for crisis hotlines and support lines, counseling services, training opportunities, podcasts, videos, published articles and other resources in every U.S. state and Puerto Rico.



Rural Resilience Training

A free on-demand farm stress training program designed for individuals who interact with farmers and ranchers. Learn about the sources and warning signs of farm stress and suicide, effective communication strategies, how to help reduce stigma, and how to connect with appropriate resources.



Online Peer-to-Peer Support

Togetherall is an anonymous peer-to-peer online community that empowers farmers and their families to get and give support. Farm family members (age 16+) may join the Togetherall community free-of-charge.

- **Supportive Community:** Connect and share in a safe, anonymous space with others who understand. Join the Agricultural Group!
- **Immediate Access:** Whatever's on your mind, you can access Togetherall 24/7. The community is moderated around the clock by licensed clinicians.
- **Wellbeing Tools:** Self-assessments and courses are available too.

Personal wellbeing and life event support services are also available through Personal Assistance Services (PAS) and accessible through Togetherall.

“Farmers think that it's a sign of weakness to ask for help. But actually, I think it's the exact opposite because anything that is hard takes strength. Taking that hard step and reaching out is what saved me.”

~ James Dixon, Arkansas Farmer

Research

- Opioid Misuse Among Rural Adults - 2022
- Farmer and Rural Perceptions of Mental Health - 2021
- Impacts of COVID-19 on Rural Mental Health - 2020
- Rural Stress Poll - 2019

Helpful Tips

- Farm State of Mind video and Advice from farmers
- Know the warning signs
- How to start the conversation
- Five steps to help someone in emotional pain
- Coping with Stress and Anxiety

Opioid Misuse Resources

- Hotlines
- Treatment Options
- Prevention
- Disposal

“A healthy farm or ranch is nothing without a healthy you.”