

A photograph of three people walking away from the camera in a field at sunset. The sun is low on the horizon, creating a warm, golden glow and lens flare. The people are dressed in outdoor or work-appropriate clothing like jackets and boots. The background shows a line of trees and a field.

Stronger Together

#FarmStateOfMind

farmstateofmind.org

Visit farmstateofmind.org to access:

- A national directory of mental health resources by state
- Tips on recognizing warning signs and how to start a conversation
- Research on rural and farmer mental health
- Free on-demand training

Need help? Know someone who does?

988 Suicide and Crisis Lifeline

Text or call 988 for help, 24/7



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