

MENTAL HEALTH RESOURCES

RESOURCES AVAILABLE FOR INDIANA RESIDENTS

MENTAL WELLNESS PROGRAMS & RESOURCES

- Purdue Farm Stress Team Programs for (Farmer/Vet/Family/Youth/Farm Service/Agribusiness)
 - Weathering the Storm; Communicating with Farmers Under Stress - extension.purdue.edu/farm_stress/our-programs.html
 - Strong Couples - https://extension.purdue.edu/farm_stress/strong-couples.html
- Cultivating Resiliency

COMMUNITY OUTREACH

- Hoosier Ag Today - <https://hoosieragtoday.news/>
- Women In Agriculture/Annie's Project - ag.purdue.edu/departments/extension/wia/index.html
- Farm Focus Groups
- PARP Events - ppp.purdue.edu/private-applicators/recertification-parp/parp-events/
- Trade Shows/Conferences
- Farm Stress Billboards throughout Indiana

GRANT FUNDED ACTIVITIES

- USDA/North Central Farm and Ranch Assistance Network - <https://www.nifa.usda.gov/grants/programs/farm-ranch-stress-assistance-network-frsan>
- Indiana State Department of Agriculture - <https://www.in.gov/isda/>
- Tools for Today's Farmers Podcast: https://extension.purdue.edu/farm_stress/podcasts.html
- Purdue Farm Stress Team Website: extension.purdue.edu/farmstress/
- Purdue Farm Stress Team Facebook: facebook.com/PurdueFarmStressTeam/
- Crisis Call Center (988) - <https://www.in.gov/fssa/dmha/update-on-988-in-indiana/>
- Crisis Call Center Training: www.eventreg.purdue.edu/online/CCCT
- Mental Health Provider Training: https://extension.purdue.edu/farm_stress/health-professionals.html



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Facebook:

facebook.com/PurdueFarmStressTeam/



Podcast:

<https://podcasts.apple.com/us/podcast/tools-for-todays-farmers/id1531729490>

FARM STRESS TEAM

OTHER EXTENSION RESOURCES

EDUCATIONAL PROGRAMS RELATED TO AGRICULTURAL STRESSORS

- Substance Abuse Education Video Series: <https://extension.purdue.edu/hhs/health/>
- Mental Health First Aid: extension.purdue.edu/mhfa/
- Succession Planning: <https://bit.ly/PUEXTsuccessionplanning>
- Women in Agriculture: ag.purdue.edu/departments/extension/wia/index.html
- Farm Business Management:
https://extension.purdue.edu/anr/_teams/farm-management/index.html
- AgrAbility: <https://www.purdue.edu/engineering/ABE/inagrability/>
- Purdue Institute for Family Business (PIFB): ag.purdue.edu/departments/agecon/fambiz/
- Center for Commercial Agriculture: <https://ag.purdue.edu/commercialag/home/>
- Extension Disaster Education Network (EDEN): <https://extensiondisaster.net>
- Farm Bureau - Farm State Of Mind: fb.org/initiative/farm-state-of-mind#stepstohelp
- American Psychological Association: apa.org/events/farmer
- Concern Hotline for Farmers (Hosted by Iowa): 1-800-447-1985
- North Central Farm and Ranch Stress Assistance Center: <https://farmstress.org/indiana/>
- Postpartum Support International: <https://www.postpartum.net/>
- Agrisafe: <https://www.agrisafe.org/>



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