

MENTAL HEALTH RESOURCES

RESOURCES AVAILABLE FOR INDIANA AGRIBUSINESSES AND EMPLOYEES

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:** extension.purdue.edu/farm_stress/strong-couples.html
 - **Cultivating Resiliency**

PURDUE FARM STRESS TEAM COMMUNITY OUTREACH

- **Hoosier Ag Today:** <https://hoosieragtoday.news/>
- **Women In Agriculture/Annie's Project:** ag.purdue.edu/departement/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**

PURDUE FARM STRESS TEAM 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:** podcasters.spotify.com/pod/show/toolsfortodaysfarmers
- **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**
- **Workplace Mental Health Toolkit:** extension.purdue.edu/farm_stress.html
- **Tractor Companions**



FARM STRESS TEAM



Facebook: facebook.com/purduefarmstress



Podcast: anchor.fm/toolsfortodaysfarmers

OTHER EXTENSION RESOURCES

EDUCATIONAL/ONLINE PROGRAMS RELATED TO AGRIBUSINESS STRESSORS

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

FINDING LOCAL MENTAL HEALTHCARE PROVIDERS NEAR YOU

- **Psychology Today:** psychologytoday.com/us
- **Find Treatment.Gov:** findtreatment.gov/locator
- **Be Well Indiana:** in.gov/bewellindiana/#support



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