

Resources for You and Your Family

Farm stress is the stress experienced by farmers and their families as a result of the unique agricultural work environment. Take advantage of these resources specific to the ag community in Iowa:

Workshops

Question. Persuade. Refer. (QPR)

extension.iastate.edu/humansciences/QPR

Say "Yes" to saving the life of a friend, colleague, sibling, or neighbor. Learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. This program is currently offered at no cost due to special grant funding.

Individual Consultations

Financial Education Consultation

Concerned about your finances but not sure where to start? One of our ISU Extension and Outreach Human Sciences specialists can meet with you one-on-one to walk through ideas and options to revise a budget, keep up with bills, pay down debt, and connect with community resources to stretch reduced incomes—totally free of charge. Leave a phone message with the Iowa Concern Hotline (800-447-1985) and someone will get back to you within 48 hours.

Farm Financial Planning

www.extension.iastate.edu/farmanalysis

ISU Extension and Outreach's farm financial analysis program offers one-on-one financial counseling, a computerized analysis of the farm business, and referral to other services.

Online

Farm and Ranch Wellbeing

extension.iastate.edu/humansciences/farm-ranch-wellbeing

State, regional, and national resources for stress assistance.

North Central Farm and Ranch Stress Assistance Center

farmstress.org

Stress management and mental health resources and services for ag producers and stakeholders.

Iowa Farm Bureau - Stress and Mental Health

iowafarmbureau.com/Stress-Mental-Health-Resources

Expert help and links to resources for dealing with stress or crisis.

Farm Wellness Alliance

farmfamilywellness.com

Prepaid stress management and one-on-one coaching for Iowa farm families through 24/7 counseling services via phone, text, telehealth, and app.

Iowa's Center for Agricultural Safety and Health (I-CASH)

icash.public-health.uiowa.edu

Statewide prevention and education initiatives to improve the health and safety of Iowa's agricultural population.



If you are a farmer in crisis, or know of someone in need, connect with behavioral health or substance use treatment services.

Immediate need (in crisis or an emergency)

- Call the National Suicide Prevention Lifeline, 800-273-8255 OR
- Call emergency services (911) or go to your local emergency room OR
- Call Your Life Iowa, 855-581-8111 or Text 855-895-8398

Non-immediate need

- Call Iowa Concern Hotline, 800-477-1985 OR
- Call Iowa Warm Line, 844-775-9276