

Behavioral Health Resources for North Dakota Farmers and Ranchers

- Together Counseling LLC: 701-404-0997 or
<https://togethercounselinggroup.squarespace.com/farm-to-farm-1> located in Fargo, Bismarck and Jamestown. Telehealth and in person services offered.
- Call **2-1-1**, a simple, free number that connects callers to information about health and human services.
- Call the Suicide Prevention LIFELINE anytime at 9-8-8 or 1-800-273-TALK (8255)
- North Dakota FirstLink: Call 701-235-7335 or text zip code to 898-211
- Farm AID hotline: 800-FARM-AID
- If you don't know where to begin getting help with addiction for yourself or someone you know, start here: Call or text **Recovery Talk**, at **701-291-7901** to talk with a trained peer support specialist with lived experience who is ready to listen and offer hope, encouragement and compassion anytime - day or night.
- Crisis Text Line: Text "GO" to 741741
- NDSU Extension Resources: Farm and Ranch Stress (www.ag.ndsu.edu/farmranchstress). This site provides MANY useful resources to connect and deal with stressors.
- SAMHSA Disaster Technical Assistance Center:
<https://findtreatment.samhsa.gov/>

- North Central Farm and Ranch Stress Assistance Center: farmstress.org
- North Dakota Health and Human Services Behavioral Health directory: DHS - Mental Health Program Directory
- North Dakota Behavioral Health Supports: <https://www.hhs.nd.gov/behavioral-health>
- Farmer Resource Network: <https://www.farmaid.org/our-work/resources-for-farmers/>
- Farm State of Mind: <http://www.fb.org/initiative/farm-state-of-mind>



<https://ndfb.org/healthy-minds>