

**From:** Jordan Zeller <jordan.zeller@ecrdc.org>  
**Sent:** Thursday, May 28, 2020 9:05 AM  
**To:** Jordan Zeller  
**Subject:** Resources for emotional/mental support for farmers in MN

Partners in East Central MN,

Farming can be a stressful industry to be in, especially these days of high input costs, low commodity prices and volatility. Please know that there are many resources out there to assist farmers through this difficult time, outlined below. Please share these resources with those that may be interested.

**Rural Mental Health Counselors**

Ted Matthews - 320-266-2390

Monica McConkey - 218-280-7785

Ted & Monica work with farmers across Minnesota. No cost; no paperwork. This service is available thanks to funds from the Minnesota State Legislature.

**Farm Resiliency Resources**

Please ask for help. Click the underlined phrases for more information.

**Minnesota Farm and Rural Stress Resources**

-Minnesota Department of Agriculture

**Resources for difficult times**

Find help, counseling, advocacy, legal and referral resources.

**Farm financial counseling**

Experiencing financial stress? Call 1-800-232-9077 for free, confidential financial counseling.

**Farmer-Lender mediation**

Need help with farm debt? Learn how mediation can help.

*Source: University of Minnesota Extension*

**Cultivating Resiliency for Women in Agriculture**

***Sessions to Help Weather Stress***

Raising awareness of farm stress is important, but offering some tools to help weather the stress is critical. This interactive online series sets out to help women in agriculture cultivate resiliency by focusing on what they can control in these challenging times and connect them with resources and information that can help them weather stress.

-[UMASH](#) has archived sessions - listen [here](#). Upcoming sessions include the following click on the link to register.

**TransFARMation**

Prompted by the many sources of stress currently impacting farmers and ranchers, the Minnesota Department of Agriculture and the Red River Farm Network have joined forces to create a new radio and podcast series called *TransFARMation*.

[TransFARMation: Farm Stress in Farm Children](#)

[TransFARMation: Maneuvering the Farm Economy and Moving Forward](#)

[TransFARMation: Faith and Farming](#)

[TransFARMation: If Your Horse is Dead, It's not Going to Get you to Town](#)

[TransFARMation: Dealing with the Uncontrollable](#)

[TransFARMation: It's OK To Not Be OK](#)

[TransFARMation: Taking Time for a Farm Transition](#)

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