

## Mental Health Resource Guide for Ohio Farmers

*Feel like you could benefit from extra support at this time? Consider one or more of these resources.*

- **National Suicide Prevention Lifeline**, <https://suicidepreventionlifeline.org/> or 1-800-273-8255. Available 24/7.
- **Ohio Crisis Text Line**, text the keyword “4hope” to 741 741 to be connected to a trained Crisis Counselor within 5 minutes.
- **Farm Aid Hotline**, 1-800-FARM-AID (1-800-327-6243). Available Mon-Fri 9am-5pm.
- **Ohio 2-1-1**, A gateway that connects people with health and human services. By simply dialing three digits (211), you can make one call to find or give help. Available 24/7.
- **Ohio CareLine**, 1-800-720-9616. A toll-free emotional support hotline for crisis-support and connection to resources. Available 24/7.
- **Ohio Mental Health Resource Guides by County**, <https://u.osu.edu/cphp/ohio-mental-health-resource-guides/>
- **OSU Extension Rural and Farm Stress Resources**, <https://extension.osu.edu/about/resources/extension-task-forces/rural-and-farm-stress>
- **OSU Extension Resources for Ohio's Farmers to Navigate Challenging Issues**, <https://u.osu.edu/2019farmassistance/home/>
- **Ohio Department of Agriculture Farm Stress Resources**, <https://agri.ohio.gov/wps/portal/gov/oda/gotyourback/>
- **Farm Crisis Center**, <https://farmcrisis.nfu.org/>
- **Substance Abuse and Mental Health Services Administration National Helpline**, 1-800-662-HELP (4357).
- **Find Mental Health Service Providers**, <https://mha.ohio.gov/wps/portal/gov/mha/get-help>
- **Find Treatment for substance use disorders, addiction, and mental illness**, <https://findtreatment.gov/>

*Compiled by Fiona Doherty, MSW, January 2022.*

*Know of another resource that should be on this list? Email [Doherty.156@osu.edu](mailto:Doherty.156@osu.edu)*

