

Mental health resources

Hotlines and text services

- Minnesota Farm and Rural Helpline: 1-833-600-2670
- Minnesota Mobile Mental Health Crisis Line: **274747
- National Suicide Prevention Lifeline: 1-800-273-8255
 - Spanish: 1-888-628-9454
 - Deaf and Hard of Hearing: TTY 800-799-4889
- Crisis Text Line: text “MN” to 741741
- Disaster Distress Helpline: 1-800-985-5990

Websites

- [Minnesota Farm and Rural Stress website \(https://www.mda.state.mn.us/about/mnfarmerstress\)](https://www.mda.state.mn.us/about/mnfarmerstress)
- [U of M Extension Coping with Rural Stress web page \(https://extension.umn.edu/rural-stress\)](https://extension.umn.edu/rural-stress)
- [DHS County-by-county crisis phone numbers \(https://mn.gov/dhs/people-we-serve/adults/health-care/mental-health/resources/crisis-contacts.jsp\)](https://mn.gov/dhs/people-we-serve/adults/health-care/mental-health/resources/crisis-contacts.jsp)
- [National Suicide Prevention Lifeline Chat \(https://suicidepreventionlifeline.org/chat/\)](https://suicidepreventionlifeline.org/chat/)
- [Depression: Symptoms and Treatment \(from Addiction Rehab Treatment’s website\) https://addictionrehabtreatment.com/mental-health/depression/](https://addictionrehabtreatment.com/mental-health/depression/)