

COVID-19 Resources for Farmers

[Dairy Girl Network COVID-19 Resource Hub](#)

[COVID-19 Farm Resources | Center for Dairy Excellence](#)

[Resources for Farmers Affected by COVID-19 – Farm Aid](#)

[Coronavirus and USDA Assistance for Farmers | Farmers.gov](#)

COVID-19 Resources from the National Council for Behavioral Health-

<https://www.thenationalcouncil.org/covid19/>

[Disaster Distress Helpline](#) - 1-800-985-5990 **Text** “TalkWithUs” to 66746

[National Domestic Violence Hotline](#) 1-800-799-7233

Local / State online websites and resources

IN AN EMERGENCY OR CRISIS

If you or someone you know is having suicidal thoughts and needs to talk to a crisis counselor, please take advantage of these **free** resources:

- **Call 911 – Ask for a Wellness Check or CIT trained responder**
- **National Suicide Prevention Lifeline: 1-800-273-8255 (TALK)**
- **Suicide Prevention Chat Services (NSPL)**
- **Crisis Text line: Text “MHFA” to 741741**

Links to Additional Helpful and Reliable Resources

Centers for Disease Control and Prevention (CDC)

- [COVID-19: Managing Stress and Anxiety](#)

American Psychiatric Association (APA)

- [COVID-19/Coronavirus Resources and Information Hub](#)
- [Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks](#)

World Health Organization (WHO)

- [COVID-19/Coronavirus: Mental Health Considerations](#)

Substance Abuse and Mental Health Services Administration (SAMHSA)

- [Tips for Social Distancing, Quarantine and Isolation](#)

National Alliance on Mental Health (NAMI)

- [COVID-19 and Mental Illness Guide](#)

Local Call Centers and Hotlines If you or someone else are experiencing high levels of stress, anxiety or depression, reach out for support.