



Staying Connected During Tough Times

Resources for Nebraska Farmers, Ranchers, and Their Families

We hope you reach out if you are feeling stressed.

- **Rural Response Hotline:** The hotline offers access to many attorneys, financial advisors, professional counselors, mediators, clergy, and others. There are 167 behavioral health professionals working with the Rural Response Hotline.
Ask about no-cost vouchers for counseling services. **800-464-0258**
- **National Suicide Prevention Lifeline:** A national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. **800-273-8255**
 - **Crisis Text Line:** Free, 24/7 support for those in crisis, connecting people in crisis to trained Crisis Counselors. **Text GO to 741741**
- **Veterans Crisis Line:** Connect with this resource to reach caring, qualified responders within the Department of Veterans Affairs.
Many of them are Veterans themselves. **800-273-8255, Press 1**
or Text to 838255
- **Negotiations Program:** Mediation services for agricultural borrowers, creditors, and USDA program participants. Free one-on-one education on agricultural financial and legal matters. **402-471-4876**
- **The Boys Town National Hotline:** Not just for boys. For *all* teens and their parents, this hotline is available 24 hours a day, 365 days a year, with specially trained counselors. A TDD line is available (1-800-448-1833), allowing counselors to communicate with speech-impaired and deaf callers. **800-448-3000**
- **Nebraska Family Helpline:** Resource for parents with any issue **800-866-8660**
- **SAMHSA National Helpline:** Free, confidential, 24/7, 365-day-a-year treatment referral in English and Spanish for individuals and families experiencing issues with alcohol, prescription drug, or other substance abuse. **800-662-HELP (4357)**
- **Nebraska LOSS (Local Outreach to Suicide Survivors) Teams:** Trained professionals acting as volunteers, bringing immediate support to those who have lost a loved one to a completed suicide. Visit **NElossteam.nebraska.edu** for a map with phone numbers of LOSS teams across the state.

YOU ARE NOT ALONE. We care about you!

Nebraska Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

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