

AGRISTRESS HELPLINE: RELATED RESOURCES

ADDITIONAL CRISIS HELPLINES AND RESOURCES

[Disaster Distress Helpline](#): Call or Text 1-800-985-5990

[National Suicide & Crisis Lifeline](#): 988, Call or Text,

[Alcoholics Anonymous](#)

[Narcotics Anonymous](#): 1-800-934-1583

[Gamblers Anonymous](#): Austin: (512) 860-2958, Dallas/Fort Worth: (817) 371-0624, Houston: (855) 442-7105, San Antonio: (210) 705-4429

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

STRESS MANAGEMENT RESOURCES

[Mental Health Crisis Services | Texas Health and Human Services](#): Local Mental Health Authority crisis numbers and locations by County

[NAMI Texas-Nat. Alliance on Mental Illness](#): NAMI Texas has a variety of [education and support programs](#) directed to individuals living with mental illness, family members, friends, professionals, other stake holders, and the community at large to address the mental health needs of Texans.

TEXAS RESOURCES

[UT Tyler Southwest Center for Agricultural Health, Injury Prevention, and Education](#): Provides prevention, intervention, education and outreach designed to reduce occupational injuries and diseases among agricultural workers and their families.

[Texas Rural Mediation Services \(TRMS\)](#): TRMS was established to address disputes among and between consumers, peers, businesses, agriculture producers, ranchers, creditors, and various USDA agencies.

[Texas Agribility](#): Provides services to farmers and ranchers with disabilities, functional limitations, and chronic health conditions.

[TX A & M AgriLife-Disaster Education](#): Provides info on disaster preparedness/recovery by county.

NATIONAL RESOURCES

[The American Farm Bureau Federation](#): Farm and ranch families working together to build a sustainable future of safe and abundant food, fiber and renewable fuel for our nation and the world. Wellness Initiative: [Farm State of Mind](#)

[Farm Aid](#): A nonprofit organization whose mission is to build a vibrant, family farm-centered system of agriculture in America. The 1-800-FARM-AID hotline and Farmer Resource Network provides immediate and effective support services to farm families in crisis.

LEGAL RESOURCES

[Ag Law, Taxes & Insurance – Texas A&M AgriLife Extension Service](#): Provides a variety of information to farmers and ranchers covering agricultural laws taxes and insurance.

VETERAN RESOURCES

[Farmer Veteran Coalition](#): Cultivates a new generation of farmers and food leaders and develops viable employment and meaningful careers through the collaboration of the farming and military communities.

[Texas AgrAbility Battle Ground to Breaking Ground](#): Helps veterans and other new farmers and ranchers start or expand their own agriculture business.

FORESTRY/COMMERCIAL FISHING RESOURCES

[Texas Forestry Association](#): Promotes healthy political and economic climates and encourages sustainable forest management.

[Texas Parks & Wildlife Dept. Commercial Fishing General Information](#): Manages both commercial and recreational fisheries by protecting, conserving, and enhancing Texas marine resources.

[Texas A & M AgriLife Extension – Fisheries](#): Provides resources related to fisheries and aquaculture management, including publications, virtual learning courses, recorded webinars and how-to videos.

RELATED PODCASTS

[Ag State Of Mind](#): Podcast designed to promote conversation and awareness to help break the stigma regarding mental health in agriculture and rural America.

[Farm Stress Podcast](#): Focuses on supporting farmers, farm families, and workers in the commercial agriculture industry who are experiencing stress.

[Rural Minds](#): Podcast and blog on news and information about mental health and rural America.