

Quick Glimpse at the AgriStress Helpline

Last updated: October 15, 2024 by Laura Siegel

The **AgriStress Helpline®** is a crisis line for people working in agriculture, forestry, and fishing. It includes crisis and emotional support, suicide intervention and prevention, and a database of both mental health and agriculture-related resources. Currently the helpline exists in 11 states – Arizona, Colorado, Connecticut, Missouri, Montana, Oregon, Pennsylvania, Texas, Virginia, Washington, and Wyoming – but more states are joining soon! The AgriStress Helpline was developed by AgriSafe Network, who partnered with VIA LINK to provide individuals in agriculture with free and confidential crisis support. The line can be reached 24/7/365 by calling or texting 833-897-2474. Phone call interpretation is available in 160 languages, and text message services are available in English, Spanish, and Vietnamese.

The AgriStress Helpline is answered by crisis support specialists who have over 300 hours of extensive evidence-based training that was developed (and is maintained) by licensed clinicians and credentialed professionals from the crisis response field. To ensure quality, the crisis support specialists are continually monitored and are given supplemental training. In addition to their extensive training, the crisis support specialists take a 3.5 hour continuing education course on mental and behavioral health in agricultural communities, called FarmResponseSM.

When someone calls the AgriStress Helpline, no matter who they are, they will get service.

So, when someone calls the AgriStress Helpline, a crisis support specialist will use a care navigation process, to provide the caller with care that is relevant to their situation and needs. For instance, one caller may receive an emotional support crisis intervention, while another caller may receive a risk assessment. All callers will be offered follow-up resources in their community as well as the option for a follow-up call from a crisis support specialist within 24 hours.

AgriSafe Network is a national 501©3 nonprofit that works to educate healthcare professionals and agriculture workers about the health and safety needs of those in the agriculture, fishing, and forestry industries. Our mission is to protect the people who feed the world – and in addition to education, we are cultivating a network of trained agricultural health and safety professionals that understand and support Total Farmer Health®. For more information, visit <https://www.agrisafe.org>.

VIA LINK is a Louisiana based 501©3 nonprofit that provides crisis support, connects people to resources and services, and provides vital data and trend information to ensure policies and programs meet community needs. They provide services over phone, text, and online chat, 24/7 and 365 days a year. VIA LINK is accredited by the American Association of Suicidology (AAS) and Inform USA (formerly known as the Alliance of Information and Referral Systems). For more information, visit <https://www.vialink.org>.

FarmResponse® is an on-demand 3.5-hour continuing education course developed by AgriSafe with national experts from the AgriStress Response Network. This course provides the full range of competencies necessary to provide appropriate mental health care for agricultural producers and their families. This knowledge is critical for a healthcare professional to effectively care for a farmer's total health. For more information, visit: <https://learning.agrisafe.org/farm-response>.