

MENTAL HEALTH CRISIS RESOURCES

SUPPORT FOR FARMERS:

(800) 447-1985

<https://www.extension.iastate.edu/iowaconcern/>

(800) FARM-AID, (800) 327-6243

<https://www.farmaid.org/our-work/resources-for-farmers/farmer-resource-guides/crisis-support-farm-aid-resource-guide/>

<https://www.iowafarmbureau.com/Stress-Mental-Health-Resources>

The following resources are found on <https://namiiowa.org/crisis-info/>

SUICIDE PREVENTION:

Call 911 or Go to the Nearest Emergency Room

National Suicide Prevention Lifeline - 988

NAMI Information Line - (800) 950 - NAMI, (800) 950 - 6264

Veterans Crisis Line - (800) 273 - 8255 Press # 1

Girls & Boys Town National Hotline - (800) 448 - 3000

National Hopeline Network - (800) SUICIDE, (800) 784 - 2433

National Youth Crisis Hotline - (800) 442 - HOPE, (800) 442 - 4673

ALCOHOL ABUSE:

Alcohol Hotline - (800) 331 - 2900

Al-Anon for Families of Alcoholics - (800) 344 - 2666

Alcohol and Drug Helpline - (800) 821 - 4357

Alcohol Treatment Referral Hotline - (800) 252 - 6465

Alcohol & Drug Abuse Hotline - (800) 729 - 6686

Families Anonymous - (800) 736 - 9805

National Council on Alcoholism and Drug Dependence Hopeline - (800) 622 - 2255

SUBSTANCE ABUSE:

Poison Control - (800) 222 - 1222

National Institute on Drug Abuse Hotline - (800) 662 - 4357

Cocaine Anonymous - (800) 347 - 8998

National Help Line for Substance Abuse - (800) 262 - 2463

DOMESTIC VIOLENCE:

National Domestic Violence Hotline - (800) 799 - 7233

National US Child Abuse Hotline - (800) 422 - 4453