

Staying Connected during Tough Times

RESOURCES FOR NEBRASKA FARMERS, RANCHERS, AND THEIR FAMILIES

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- **Rural Response Hotline:** The hotline offers access to attorneys, financial advisors, professional counselors, mediators, clergy, and others. Behavioral health professionals work with the Rural Response Hotline. Ask about no-cost vouchers for counseling services.

800-464-0258

<https://farmhotline.com/>

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- **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.

800-273-8255 or

Text **GO to 741741** (Available 24/7)

Call or Text 9-8-8 (Active nationwide on July 16, 2022)

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- **Veterans Crisis Line:** Reach caring, qualified responders within the Department of Veterans Affairs. Many responders are veterans themselves.

800-273-8255, Press 1

or Text **838255** (Available 24/7)

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- **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

<https://negotiations.nebraska.gov/>

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- **The Boys Town National Hotline:** For all teens and their parents. Connect with specially trained counselors.

800-448-3000 (Available 24/7)

TDD Line 800-448-1833

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- **SAMHSA National Helpline:** Free, confidential treatment referral for individuals and families experiencing issues with alcohol, prescription drug, or other substance abuse.

800-662-HELP (4357)

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- **Nebraska Family Helpline:** For parents and family concerned about a youth experiencing mental and/or behavioral health issues.

888-866-8660 (Available 24/7)

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- **Nebraska LOSS (Local Outreach to Suicide Survivors):** Immediate support to those who have lost a loved one to suicide.

Find a LOSS team, visit

<https://nebraskaloss.org>

Nebraska Extension Resources: ruralwellness.unl.edu | disaster.unl.edu