

Staying Connected during Tough Times

RESOURCES FOR NEBRASKA FARMERS, RANCHERS, AND THEIR FAMILIES

(updated September 2024)

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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
Website: <https://farmhotline.com/>

 - **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.
Call or Text 9-8-8
(Available 24/7)

 - **Veterans Crisis Line:** Reach caring, qualified responders within the Department of Veterans Affairs. Many responders are veterans themselves.
Call 9-8-8 then Press 1
or Text **838255**
(Available 24/7)

 - **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
Website: <https://negotiations.nebraska.gov/>

 - **The Boys Town National Hotline:** For all teens and their parents. Connect with specially trained counselors.
800-448-3000
or Text VOICE to 20121
(Available 24/7)

 - **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)
or (TDD) **800-487-4889**
(Available 24/7)

 - **Nebraska Family Helpline:** For parents and family concerned about a youth experiencing mental and/or behavioral health issues.
888-866-8660 (Available 24/7)

 - **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>
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Nebraska Extension Resources: ruralwellness.unl.edu | disaster.unl.edu