Staying Connected During Tough Times

RESOURCES FOR NEBRASKA FARMERS, RANCHERS, AND THEIR FAMILIES

We hope you reach out if you are feeling stressed.

- **Rural Response Hotline:** The hotline offers access to many attorneys, financial advisors, professional counselors, mediators, clergy, and others. There are 167 behavioral health professionals working with the Rural Response Hotline. Ask about no-cost vouchers for counseling services.
  
  **800-464-0258**
  M-F 8:00 AM - 5:00 PM

- **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 24 hours a day, 7 days a week.
  
  **Crisis Text Line:** Free, 24/7 support for those in crisis, connecting people in crisis to trained Crisis Counselors.
  
  **800-273-8255**
  text GO to 741741

- **Veterans Crisis Line:** Connect with this resource to reach caring, qualified responders within the Department of Veterans Affairs. Many of them are Veterans themselves.
  
  **800-273-8255, Press 1**
  or text to 838255

- **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**

- **The Boys Town National Hotline:** Not just for boys. For all teens and their parents, this hotline is available 24 hours a day, 365 days a year, with specially trained counselors. A TDD line is available (1-800-448-1833), allowing counselors to communicate with speech-impaired and deaf callers.
  
  **800-448-3000**

- **SAMHSA National Helpline:** Free, confidential, 24/7, 365-day-a-year treatment referral in English and Spanish for individuals and families experiencing issues with alcohol, prescription drug, or other substance abuse.
  
  **800-662-HELP (4357)**

- **Nebraska LOSS (Local Outreach to Suicide Survivors) Teams:** Trained professionals acting as volunteers, bringing immediate support to those who have lost a loved one to a completed suicide. Visit [NElossteam.nebraska.edu](http://NElossteam.nebraska.edu) for a map with phone numbers of LOSS teams across the state.

**YOU ARE NOT ALONE. We care about you!**