

WILLOW OAKS COUNSELING

Understand. Heal. Grow.

Rural Health Resources

for farmers, farm families and rural communities



The agricultural community faces unique challenges and opportunities. This guide provides trusted resources for mental health support, crisis services, agricultural organizations, wellness information, mediation services, veteran farmer programs and additional tools designed to support rural communities.

Whether you're seeking assistance for yourself, a family member, a friend or a fellow producer, **these resources are available to help.**

» FARM RESPONSE

Resources Hotlines, Crisis Phone Numbers
National Suicide Prevention Lifeline: 1-800-273-8255
Farm Aid Hotline 1-800-FARM-AID (1-800-327-6243)

» FARMING CONSULTANTS

Grow Good Roots: growgoodroots.com
Delaware Valley Family Business Center: dvfbc.com

» VETERANS

Farmer Veteran Coalition: www.farmvetco.org

» MEDIATION

Coalition of Agricultural Mediation Programs:
agriculturemediation.org
National Association for Community Mediation:
www.nafcm.org

» RESOURCES AND INFORMATION

AgriSafe: www.agrisafe.org
Farm Aid: www.farmaid.org/our-work
Rural Minds: www.ruralminds.org
PA Farm Link: pafarmlink.org
PA Farm Bureau: pfb.com
MD Farm Bureau: marylandfb.org
Lancaster County Ag Council:
www.lancasteragcouncil.com

» PODCASTS

The Good Movement Podcast:
terryndrieling.com/podcast
AgriSafe Talking Total Farmer Health:
agrisafe.org/talking-total-farmer-health
The Rural Woman Podcast:
wildrosefarmer.com/the-rural-woman-podcast