

IN CRISIS? YOU DON'T HAVE TO WAIT.

Free, confidential help — 24/7. If in immediate danger, call 911.

988 SUICIDE & CRISIS LIFELINE

Call or text 988

24/7 · free · confidential

VETERANS CRISIS LINE

Dial 988, press 1 · Text 838255

For veterans, service members, and their families

FARM AID FARMER HOTLINE

1-800-FARM-AID (1-800-327-4243)

Farmer-to-farmer support · Mon–Fri

SAMHSA NATIONAL HELPLINE

1-800-662-4357

24/7 treatment referrals · English & Spanish

CRISIS TEXT LINE

Text HOME to 741741

24/7 text support with a trained counselor

EMERGENCY

911

If you or someone with you is in immediate danger
Service to Soil · BAU Farm Foundation · servicetosoil.com/mental-health

Print, fold, keep in wallet or truck.

✂ cut here

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