

Care for the Land, Care for Yourself

Resources for agricultural producers and
rural communities

Financial

- **Colorado Department of Agriculture** - Use this link to access grant related forms and articles.

<https://ag.colorado.gov/category/grants>

- **Colorado Open Lands** - Colorado Open Lands allows you to learn about conservation projects throughout the state.

<https://coloradoopenlands.org/>

- **Facing Farm Financial Stress** - Use this printed resource from Ohio State University meant for agricultural workers facing financial stress and considering bankruptcy.

<https://u.osu.edu/ohioagmanager/2020/08/13/facing-farm-financial-stress-assessing-the-bankruptcy-option/>

All Encompassing Resources - National

- **FarmAid** - FarmAid is a place to find resources for ag producers ranging from Farm Stress to Disaster Support, Grants, Legal Assistance and more.

About FarmAid:

<https://www.farmaid.org/our-work/supporting-family-farmers/>

Farmer Resource Guide:

<https://www.farmaid.org/our-work/resources-for-farmers/farmer-resource-guides/>

Stress Management

- **Ag Proud** - Strategies for managing the unique stresses faced by ag producers across the state.

<https://www.agproud.com/articles/59466-strategies-for-managing-the-unique-stresses-faced-by-ag-producers>

- **Southern Extension Risk Management Education** - Here you can find resources for wellness and care to help farmers take care of themselves.

<https://srmec.uada.edu/farm-stress-management.html>

- **North Dakota State University** - Review a stress management for farmers and ranchers fact sheet.

<https://www.ndsu.edu/agriculture/sites/default/files/2025-02/FS284%20Stress%20Management%20for%20Farmers-Ranchers.pdf>



Colorado Specific Resources

- **AgWell** - AgWell connects farmers and ranchers to resources such as financial, medical/injury, mental health and stress management.

agwell.org/colorado-resources/

- **Colorado Department of Agriculture** - Access vast amounts of information ranging from markets, grants, crops, cattle, pesticides, rules and regulations, and much more.

<https://ag.colorado.gov/>

- **Rocky Mountain Farmers Union Legislation** - This link allows you to follow upcoming bills that will affect agriculture and gives you tips on how to talk with your legislators.

<https://rmfu.org/legislation/colorado-legislation/>



COLORADO
Behavioral Health
Administration

Psychological Well-Being

- **AgriStress Helpline** - AgriStress provides free and confidential crisis support that you can access by call or text 24/7. Find mental health and ag-related resources in your area by using the number 833-897-2474. - <https://www.agrisafe.org/agristress-helpline/>
- **988 Colorado** - The 988 Colorado Mental Health Line is available for free, immediate, human support 24/7. If you or someone you know is struggling with an emotional, mental health, or substance use concern, call, text, or live chat with 988 today. - <https://www.988colorado.com/en>
- **Colorado Agricultural Addiction and Mental Health Program (CAAMHP)** - Members of ag and rural communities can receive 10 free therapy sessions to an ag friendly, licensed behavioral health professional. It's anonymous and can be accessed remotely. - <https://www.campforhealth.org/>
- **Colorado Dept of Agriculture's Behavioral Health Program** - Explore the Colorado Dept. of Agriculture's comprehensive list of mental health and other resources available in Colorado and across the United States. - <https://ag.colorado.gov/home/rural-mental-health>
- **COMET: Changing our Mental & Emotional Trajectory** - COMET focus on helping neighbors find support and resources on reducing stigma on mental health in ag and rural communities. <https://medschool.cuanschutz.edu/family-medicine/research-and-innovation/pbrns/hprn/projects-and-programs/comet>
- **Colorado LIFTS Network** - Colorado LIFTS is Colorado's streamlined network of safety net behavioral health services, including crisis, substance use and mental health support. Colorado LIFTS is available in every county of Colorado. - <https://ownpath.co/>
- **Colorado State Library** - Explore telehealth options and other resources in rural libraries across the state. - <https://telehealth.cvlisites.org/>
- **Colorado Office of Suicide Prevention** - Find resources, reports, education, and advocacy on suicide prevention. - <https://cdphe.colorado.gov/suicide-prevention>
- **Legacy film** - Legacy film is a 45-minute documentary following four Colorado Families, highlighting their experience with mental health and showcasing the resiliency of farmers and ranchers in rural Colorado. - <https://www.youtube.com/watch?v=b75IPokq28E>
- **Colorado Agricultural Behavioral Health Work Group** - This work group is tasked with identifying gaps and compiling best practices for providing behavioral health care to agricultural communities. <https://ag.colorado.gov/home/ag-behavioral-health-work-group>
- **Colorado Behavioral Health Administration (BHA)** - Colorado BHA ensures all people in Colorado have access to quality mental health and substance use disorder services, regardless of where they live, or ability to pay. - <https://bha.colorado.gov/>
- **I Matter Colorado** - I Matter connects Colorado youth 18 and younger (and 21 and younger for those receiving special education services) with a licensed therapist for up to 6 free counseling sessions. No insurance, credit card, or legal status information is required. - <https://imattercolorado.org/>

