

# FARMER WELLNESS PROGRAM

Given the challenging nature of farming, the Wisconsin Farm Center is providing several resources to help farmers cope with stress. All services are free and confidential.

## **24/7 Wisconsin Farmer Wellness Helpline**

**1-888-901-2558**

*Around-the-clock support for farmers struggling with suicidal thoughts, depression, or anxiety.*

### **Tele-Counseling**

**1-888-901-2558**

*Free, confidential counseling sessions by licensed mental health professionals. Available by phone or video.*

### **Counseling Vouchers**

**1-800-942-2474**

*Vouchers to assist with the cost of in-person counseling services with participating mental health providers.*

