

There is no cost to you. There are many ways to connect with us: call, text, email, video chat, and other flexible options are available for conversations to take place.

Who will help us?

Ted Matthews, M.S.

(320) 266-2390

Ted is a veteran and has worked with rural issues in counseling for over 45 years. He has been the director of mental health services during two natural disasters in the 1990s. Ted also has extensive counseling experiences in the areas of crisis intervention, family issues, suicidology and domestic abuse.



Monica McConkey, MA, LPC

(218) 280-7785

Monica has worked in the mental health sector for the past 25 years. Her background includes work with youth and adults and covers a wide range of emotional challenges. Her recent work focuses on emotional stress of farmers and consulting with agriculture industry groups.



Minnesota Farm & Rural Helpline
1-833-600-2670
Available 24/7
text "farmstress" to 898211

We are here for you! Contact us:

Ted Matthews, M.S.

(320) 266-2390

tdmatt@info-link.net
farmcounseling.org

Monica McConkey, MA, LPC

(218) 280-7785

monicamariemk@yahoo.com
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Supported in Partnership with:



AGRICULTURAL MENTAL HEALTH & WELLNESS

The details...

- experienced agricultural-focused mental health providers provide counseling services to farm individuals, couples, and/or families anywhere in the state – either in person, via video conference, or over the phone
- addresses the importance of mental health in helping farm families achieve their business and family goals
- recognizes that mental health issues often affect personal well-being and the health of farmers, farm businesses, farm service providers, agricultural professionals, and their respective families
- free and confidential
- language interpretation available

Let's talk about it...

As farmers, we are known for our work ethic and a strong sense of pride. While these traits can be virtues, there is a downside in that they can cloud perceptions and lead to a denial of problematic situations.

All kinds of situations can cause stress and anxiety:

- concern about the weather
- uncertainty on markets and their trends
- frustration with agencies and bureaucratic hassles
- stress from financial challenges
- fear of losing the family farm
- feelings of dread or hopelessness
- domestic abuse
- relationship changes
- work demands, work disruption
- emotional loss, grief, depression
- substance abuse

The purpose...

The purpose of this program is to offer support to people who work in agriculture, providing ways to cope with and manage stress.



*You matter.
No concern is too small.*