FIND THE HELP NEEDED FOR DIFFICULT TIMES

ASKING FOR HELP IS NOT FAILURE.

www.nd.gov/ndda/frsan

You are not alone.

There are several resources available to assist you, your neighbors, and others who are experiencing the unprecedented current challenges of farming and ranching in North Dakota.

A MULTI-AGENCY SUPPORT PARTNERSHIP

The partnership is supported by a Farm and Ranch Stress Assistance Network grant from USDA’s National Institute of Food and Agriculture.

FARM AND RANCH STRESS ASSISTANCE NETWORK

NORTH DAKOTA MEDIATION SERVICE

Betty Schneider, NDMS Coordinator

North Dakota Mediation Service (NDMS) was established to help financially distressed farmers and ranchers by providing assistance in credit and financial matters and resolving disputes.

701-328-4158  ndms@nd.gov
844-642-4752  www.nd.gov/ndda/frsan

NORTH DAKOTA FARM MANAGEMENT EDUCATION

Craig Kleven, Agricultural Education Supervisor

North Dakota Career and Technical Education is dedicated to providing lifelong learning opportunities in economic and financial management for persons involved in the farming and ranching operation.

701-328-3162  crkleven@nd.gov
www.ndfarmmanagement.com

NDSU EXTENSION

Sean Brotherson, Professor & Extension Family Science Specialist

NDSU Extension empowers North Dakotans to improve their lives, relationships, businesses and communities through education and outreach.

701-231-6143  sean.brotherson@ndsu.edu
www.ndsu.edu/agriculture

AGRICULTURE COMMISSIONER
DOUG GOEHRING
www.nd.gov/ndda/frsan
HEALTH & WELLBEING RESOURCES

EDUCATIONAL RESOURCES THROUGH NDSU EXTENSION
• Farm and ranch stress management workshops
• Mental and behavioral health awareness
• Health, nutrition and wellness programs
• Visit www.ndsu.edu/agriculture

FIRST LINK
• National Suicide Prevention Lifeline call 1-800-273-8255
• Crisis line services and counseling support call 211 or 701-235-7335

TOGETHER COUNSELING
• Mental health and substance abuse counseling
• Telehealth and in-person counseling options
• Call 701-404-0997

FARM & RANCH OPERATION RESOURCES

CREDIT COUNSELING AND MEDIATION
• A credit counselor works with clients to analyze profitability of the farm or ranch operations.
• Mediators work with disputing parties to explore issues and arrive at the best possible outcome. All parties are given the opportunity to be heard.
• Credit counselors assist with developing options and considering alternative plans.

FARM MANAGEMENT EDUCATION
• Courses are available statewide
• Strategic decision making for family and business
  Participants will:
• Learn to develop cash flow projections, balance sheets, and business analysis
• Improve record keeping systems
• Understand financial strengths and weaknesses

NDSU EXTENSION EDUCATION
• Farm business management workshops
• Design your succession plan
• Personal and family finance education
• Annie’s Project (women in agriculture)

DO YOU NEED ASSISTANCE?

PLEASE ASK YOURSELF THE FOLLOWING QUESTIONS
(SERVICES ARE ALWAYS CONFIDENTIAL)

Do the stresses of agriculture often overwhelm your thoughts or do you feel like there is no way out of your operational and financial challenges?
If yes, contact the Crisis Line Services and Counseling immediately at 701-235-7335 or 2-1-1

Are you struggling with credit matters or resolving disputes?
If yes, contact North Dakota Mediation Service at 701-328-4158

Are you interested in taking courses focused on economic and financial management for farm and ranch businesses?
If yes, contact NDCTE Farm Management at 701-328-3162

Are you interested in attending a wellness or farm management workshop?
If yes, contact NDSU Extension at 701-231-6143

• Mental health and substance abuse counseling
• Telehealth and in-person counseling options
• Call 701-404-0997