

RURAL MENTAL HEALTH RELIEF RESOURCES

Mental health is a real issue for families across the United States, including our West Virginia families. Mental health issues bring unique challenges to agricultural and rural communities, especially when they do not have the same access to care compared to those in urban areas.

Rural communities have:

20% fewer primary care providers

28% of homes lack access to broadband

65% of rural counties do not have a psychiatrist

64% of residents have higher rates of suicide compared rates of large urban areas

Fourth highest suicide rate

(36.1 people per 100,000) in the country for those in agriculture, forestry, fishing and hunting industries (per a Center for Disease Control study).

These factors, along with the stigma surrounding mental health, are causing a mental health emergency in rural America. For those living and working in these communities, the issues can have a detrimental effect on their overall health and affect all aspects of their lives. Tools and resources to combat mental health are critical, and there are many free resources to provide a network of support.

Through a grant from the West Virginia Department of Agriculture, WVU Extension has developed a list of mental health resources available to you. If you or a loved one feel that you need someone to talk to, you can use one of the free, confidential resources listed on the back of this card.

extension.wvu.edu/rural-mental-health



National Hotlines and Resources

Local, state and national resources are available 24/7 for those struggling with mental health. You can contact your local WVU Extension office for more information or find a list of our local resources online at extension.wvu.edu/rural-mental-health.

National Suicide and Crisis Lifeline

Phone: 988; 988lifeline.org

Crisis Text Line

Text HOME to 741741; crisistextline.org

Rural Health Information Hub

Phone: 1-800-270-1898; ruralhealthinfo.org/topics/mental-health

Farm Aid Hotline

Phone: 1-800-FARM-AID/1-800-327-6243; farmaid.org/our-work/resources-for-farmers/

West Virginia Hotlines and Resources

West Virginia Suicide and Crisis Line

Phone: 1-844-HELP4WV/1-844-435-7498
24-hour crisis line

West Virginia Family Resource Network

304-845-3300; wvfrn.org

For more information on the West Virginia Network for Rural Mental Health and Farmer Stress grant, visit extension.wvu.edu/rural-mental-health.



Image: Freepik.com

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