

# Stress Management Resources

Resources for Idaho famers, ranchers, and their families

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FARMAID: **1-800-FARMAID** (1-800-327-6243) Monday - Friday, 7am - 8pm MST  
or visit **farmaid.org** if assistance is needed outside hotline hours

WESTERN REGION AGRICULTURAL STRESS ASSISTANCE PROGRAM:

Visit **farmstress.us** to find resources, and learn what western states are doing  
to help reduce farm stress and suicide risk

Visit the Farm Crisis Center at **farmcrisis.nfu.org**

NATIONAL SUICIDE PREVENTION LIFELINE: **(1-800-273-8255)**

24/7 free and confidential emotional support

Crisis Text Line: Text **GO** to **741741**

REGIONAL BEHAVIORAL HEALTH CRISIS LINES - ALL AGES - 24/7

Region 1 Counties: Benewah, Bonner, Kootenai, Shoshone **208-769-1406**

Region 2 Counties: Clearwater, Idaho, Latah, Lewis, Nez Perce **208-799-4440**

Region 3 Counties: Adams, Canyon, Gem, Owyhee, Payette, Washington

**208-459-0092**

Region 4 Counties: Ada, Boise, Elmore, Valley **208-334-0808**

Region 5 Counties: Blaine, Camas, Cassia, Gooding, Jerome, Lincoln, Minidoka,

Twin Falls **208-736-2177**

Region 6 Counties: Bannock, Bear Lake, Caribou, Franklin, Oneida, Power

**208-234-7900**

Region 7 Counties: Bingham, Bonneville, Butte, Clark, Custer, Fremont, Jefferson, Lemhi,

Madison, Teton **208-528-5700**

FIND A COUNSELING CENTER NEAR YOU:

Search '**Idaho Mental Health Services Guide**'

for a list of service providers across Idaho



The Idaho Farm and Ranch Center was created in 2020,  
to help Idahoans start, manage, and transition farms and ranches.  
Visit [farm.idaho.gov](http://farm.idaho.gov) for more resources.