



## NATIONAL ASSOCIATION OF WHEAT GROWERS

Dear NAWG Partners,

As many of you are aware, wheat growers across the country have faced significant economic and emotional challenges over the past few years. Tragically, NAWG members have reported several instances of producers taking their own lives. Many of these individuals are younger growers without the financial resources to withstand these hardships.

In response, we have put together a collection of suggested social media posts and mental health resources. We encourage you to share these materials within your organizations and extended networks. Our goal is to raise awareness, reduce stigma, and provide support to those who may be struggling.

Thank you for your ongoing partnership and commitment to the well-being of our community. Please don't hesitate to reach out if you have any questions or would like additional resources.

### **Social Media Posts:**

1) Life on the farm isn't easy — long hours, financial stress, isolation. If you or someone you know is struggling, don't carry the weight alone. Help is just a call away. #988Lifeline

 <https://988lifeline.org/>

#RuralResilience #FarmStrong

2) 1 in 5 adults in the U.S. face mental health challenges each year — and that includes our rural neighbors and farmers. You're not alone, and there's real help out there.

 <https://www.nami.org/#RuralHealth>

#MentalHealthMatters

3) 3 in 4 rural adults say reducing mental health stigma in agriculture is critical. Let's break the silence and build a culture where asking for help is a sign of strength.

 <https://stigmafreementalhealth.com/programs/rural-program/>

#EndTheStigma #FarmStateOfMind

4) Farming is more than a job — it's a way of life. But it's also one of the most stressful professions. Suicide rates among farmers are 2–5x higher than average. Our friends at @ruralminds are working hard to change that. Support is out there.



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<https://www.ruralminds.org/>

#HealthIsMentalHealth #RuralResilience

5) The pressures on today's farmers — market volatility, weather, debt — can take a real toll on mental health. Let's stand behind our ag communities and remind them: your well-being matters.

<https://www.fb.org/initiative/farm-state-of-mind>

#FarmStateOfMind #RuralWellness #RuralResilience

### **Mental Health Resources:**

**Rural Minds:** <https://www.ruralminds.org/>

**988 Suicide and Crisis Lifeline:** <https://988lifeline.org/>

**National Alliance on Mental Illness:** <https://www.nami.org/>

**American Farm Bureau Federation:** <https://www.fb.org/initiative/farm-state-of-mind>

**Ag State of Mind:** <https://agstateofmind.com/>

**The AgriSafe Network:** <https://www.agrisafe.org/>

**Farm Aid:** <https://www.farmaid.org/>

**Farm Family Wellness Alliance:** <https://farmfamilywellness.com/>

**Rural Health Information Hub: Rural Response to Farmer Mental Health and Suicide Prevention:** <https://www.ruralhealthinfo.org/topics/farmer-mental-health>

**American Soybean Association #SoyHelp:** <https://soygrowers.com/soyhelp-national-resources-info/>

**Substance Abuse and Mental Health Services Administration (SAMHSA):** [SAMHSA - Substance Abuse and Mental Health Services Administration](#)

**Mental Health America (MHA):** <https://mhanational.org/>

**Stigma-Free Mental Health:** <https://stigmafreementalhealth.com/programs/rural-program/>