

Climate Specific Resources

Climate Psychiatry Alliance - Coping with Climate Distress Toolkit

Working to assure optimal mental health for all through the prevention and mitigation of climate change's impacts.

<https://www.climatepsychiatry.org/climate-distress-coping-toolkit>

Climate Psychology Alliance - Resources to Support Processing Climate Emotions

Collection of resources for working through feelings about climate change. Climate psychology is concerned with the emotions, social and mental processes, as well as our responses to ecological and climate crisis.

<https://www.climatepsychology.us/climateemotions>

PODCAST: *Facing It* by Jennifer Atkinson

<https://podcasts.apple.com/us/podcast/facing-it/id1509537727>

The Work that Reconnects (Joanna Macy)

Articles, workshops and community to find solidarity and courage to act in the face of worsening social and ecological conditions. <https://workthatreconnects.org/>

Farmer & Rancher Specific Resources

New Mexico Crisis Line: Call 1-855-NMCRISIS (662-7474) for immediate assistance with mental health, substance abuse, or emotional crisis. This line is available 24/7.

The AgriStress Helpline

The AgriStress HelplineSM is a free and confidential crisis and support line that you can call or text 24/7. The helpline is answered by trained professionals who can offer support and help find mental health and agriculture-related resources in your area.

If you or someone you know is struggling, call or text 833-897-2474.

Farm and Ranch Stress Assistance Network

This website provides resources and links specifically for farmers and ranchers.

<https://extension.oregonstate.edu/farm-ranch-stress-assistance-network>

Farmer Resource Network

A free search tool that can be used to find organizations and resources that are useful for farmers, agricultural service providers, farmworkers, farm communities and farming families across the United States.

<https://farmaid.my.site.com/FRN/s/>

Farmer Hotline (service of Farmer Resource Network)

Hotline operators are available to listen and provide resources: 1-800-FARM-AID (1-800-327-6243). Hours are Monday through Friday 9am-9pm ET / 6am-6pm PT. La línea directa en español está disponible de lunes a viernes de 9am-5pm hora del este a 1-800-FARM-AID.

<https://heretohelpnm.com/>

<https://agwell.org/>