



**No one farms alone.
Lean on your community.
Support is available.**

CAL-HOPE WARMLINE

English 833-317-4673 (HOPE)

Spanish 833-642-7696

FARM AID

1-800-FARM-AID

Note: Currently the Farm Aid
Line operates 6am-6pm PT

AGRISTRESS HELPLINE

833-897-2474

Available 24/7, 365 days a year

**NATIONAL SUICIDE
PREVENTION LIFELINE: 988**

**FARM AND RURAL STRESS
HELPLINE 1-800-691-4336**



Pacific Southwest

RURAL OPIOID TECHNICAL
ASSISTANCE REGIONAL CENTER