

If you do not feel that you can keep yourself safe or otherwise need immediate medical or mental health attention, please contact 911 or go to an emergency room immediately.

If you are distressed or feel that you need to speak to someone:

- Call or text **988** to reach the **988 Suicide & Crisis Lifeline** for free and confidential support. Confidential chat is also available at 988lifeline.org/chat [Available 24/7].
- Call the **Veterans Crisis Line or Military Crisis Line** at **988**, then **press 1** at the prompt. Confidential chat is available at VeteransCrisisLine.net or by texting 838255 [Available 24/7].

Additional resources available to the general public and Veterans are listed below:

Resource	Website and Additional Contact Information
General and Rural Resources	
Resources and support for farmers	Farm Crisis Center: https://farmcrisis.nfu.org/ Farm Aid Hotline: 1-800-FARM-AID (1-800-327-6243) AgriStress HelpLine: 833-897-AGRI (2474) [Available 24/7]
Local referral for mental and/or substance use disorders	SAMHSA's Helpline: 1-800-662-HELP (4357) [Available 24/7] https://www.samhsa.gov/find-help/national-helpline
Mental health support	https://www.nami.org/help 1-800-950-NAMI (6264) or text "HelpLine" to 62640
Domestic violence support	1-800-799-SAFE (7233) or text 88788 [Available 24/7]. Confidential chat is also available on the website, https://www.thehotline.org/ .
Support and referral for treatment for sexual assault or abuse	https://rainn.org/ 1-800-656-HOPE (4673) [Available 24/7] Confidential chat is also available on the website
For Veterans and Veteran Families	
Mental health for Veterans	www.mentalhealth.va.gov
VA care for women Veterans	https://www.womenshealth.va.gov/ 1-855-VA-WOMEN (1-855-829-6636) [Available Monday-Friday 8AM-10PM ET; Sat 8AM-6:30PM ET]
VA homeless service for Veterans	https://www.va.gov/HOMELESS/NationalCallCenter.asp 1-877-4AIDVET (4243838) [Available 24/7]
Intimate partner violence for Veterans	https://www.socialwork.va.gov/IPV/Index.asp
Military sexual trauma for Veterans	https://www.mentalhealth.va.gov/mentalhealth/msthome/index.asp
National Center for PTSD: Coronavirus Resources for Managing Stress	https://www.ptsd.va.gov/covid/
Nearest VA facility or Vet Center	https://www.va.gov/find-locations/ or call 1-877-927-8387 [Available 24/7]

For questions, please email the research team at RuralSPASurvey@norc.org or 877-776-6664.