

The Farmer Angel Network builds strong rural communities that support agriculture by providing education, resources, and fellowship with a focus on mental wellness and suicide prevention in and around Sauk County, Wisconsin. This group includes farmers, agriculture professionals, local public health, land conservation, Extension educators and others.

988 SUICIDE & CRISIS LIFELINE

Call, text, chat 24/7

This line is a suicide prevention network that is available to anyone in suicidal crisis or emotional distress or someone concerned about another. Your call will be answered by someone in the state you are calling from. Ask for help for a farmer.
988lifeline.org for more information.

BE THE ONE TO HELP SAVE A LIFE WE ALL CAN TAKE ACTION TO PREVENT SUICIDE

The five action steps for communicating with someone who may be suicidal are supported by evidence in the field of suicide prevention.

1. ASK
2. BE THERE
3. KEEP THEM SAFE
4. HELP THEM CONNECT
5. FOLLOW UP



Farmer-to-Farmer Suicide Prevention

**Through Education, Resources,
Outreach and Fellowship**



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www.farmerangelnetwork.com



[@farmerangelnetwork](https://www.facebook.com/farmerangelnetwork)



Resources for Farmers, Farm Workers & Their Families

24/7 Wisconsin Farmer Wellness Helpline

888-901-2558

Whether you are exhibiting symptoms of depression or anxiety, having suicidal thoughts, or just need a welcoming ear to talk to, the 24/7 Farmer Wellness Helpline is available to provide free, confidential and immediate support any day, any time. Helpline representatives can also make referrals to Farmer Wellness Tele-Counseling Sessions or the Counseling Voucher Program for on-going, long-term support. Farmers and their family members can receive free, confidential and unlimited sessions from a licensed mental health professional online or by phone or vouchers to assist with the cost of in-person counseling services with participating mental health providers.

Sauk County Crisis Line

608-355-4200 (business hours) or 800-533-5692 (after hours)

To seek help in times of mental health crisis. Business hours are Monday – Friday, 8:00 am – 4:30 pm.

Wisconsin Farm Center (DATCP)

800-942-2474

State of Wisconsin farm resource center that helps farmers in need with in variety of areas from financial, business planning, to health and well-being. Free language assistance available upon request. TDD: 608-224-5058. farmcenter.wi.gov

Sauk County Resource Guides

Extension Sauk County provides a list of resources available in our area including those for addition services, grief support, farmer stress and support, mental health providers, and many other topics. Available in English and Spanish.

<https://sauk.extension.wisc.edu/sauk-county-resource-guides/>

We are here for you



Sponsorships:
SafeTALK
QPR
Mental Health
First Aid



**Connection to
local resources
Resource bags**



**Education on
farm stressors
& wellness**



**Fellowship
Table talk
Social events**



Farmer aid

