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Stress and Mental Health Resources for Agriculture Producers

Agriculture is a high stakes industry and sometimes things just do not go as planned.

This fall's cooler and wetter than usual weather has created no shortage of challenges for agriculture producers as they work to get their crops out of the field. As in any industry, this type of uncertainty can be stressful for farmers and their families and it is important that they are aware of the resources available. The following hotlines are available:

- Mental Health Hotline (24/7): 1-877-303-2642
- Crisis/Distress Lines: Edmonton 780-342-7777; Calgary 403-266-HELP (4357)

To see the full list of services available through Alberta Health Services (AHS), click [here](#).

For an update on the most recent Moisture Situation report, click [here](#) and to access the RMA's Guide for Declaring Municipal Agricultural Disasters in Alberta, click [here](#).

We at the RMA understand the key role that agriculture plays in our rural communities and wish all producers the very best during this tough time.

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