



## WHEN YOU NEED HELP

The California agricultural community has been hit hard by COVID-19 and now a historic drought. Worries about the physical isolation brought on by the pandemic, work-related safety issues, and the effects of the drought have only added to the usual concerns of families, injuries, finances, and more. All of this can weigh heavily on your mental and emotional health.

If you're a farmer, farmworker, or a member of the California agricultural community, it's understandable to feel stressed, anxious, frustrated, or depressed by these continually evolving stressors. The California Farmer and Farmworker Stress Assistance Project – a Component of CalHOPE has compiled free resources to manage stress and protect your mental and emotional wellness. USDA NIFA continues to support farmers and farmworkers through the FR SAN grant program. Find the help you need today.

## ABOUT

Together with the National Institute of Food and Agriculture (NIFA) and CalHOPE, the California Department of Food and Agriculture (CDFA) is disseminating information and resources on mental and emotional wellness to the California agricultural community.

For more information and resources, visit:  
[cdfa.ca.gov/farmer\\_farmworker\\_mentalhealth](https://cdfa.ca.gov/farmer_farmworker_mentalhealth)



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# HELP WHEN YOU NEED IT MOST

Provided by the California Farmer and Farmworker Stress Assistance Project – a Component of CalHOPE



National Institute of Food and Agriculture  
U.S. DEPARTMENT OF AGRICULTURE

## WHEN YOU NEED QUICK TIPS

Practice these simple tips from the California Surgeon General's Playbook: Stress Relief during COVID-19 to protect your health and manage your stress response.

### Supportive Relationships

Safe, stable, and nurturing relationships can protect our brains and bodies from the harmful effects of stress and adversity. Stay in touch with mentors, friends, and family in person or by phone and video chat, including schools and community—or faith-based organizations.

### Get Moving

Engage in 60 minutes of body movement—doesn't have to be all at one time—every day. No matter the activity you choose, get your body moving and your heart rate up to burn off stress.

### Quality Sleep

Get sufficient, high-quality sleep by setting a sleep schedule and routine, creating a comfortable, distraction-free environment, and avoiding electronics and caffeine too late into the day.

### Balanced Nutrition and Hydration

Proper nutrition can help combat stress. This means regular mealtimes, minimizing refined carbohydrates, high fat, high sugar food, and reducing alcohol intake.

### Mental Health Care

Engage in mental health care that can help decrease stress hormones and improve health. This could be minimizing the consumption of news and other media that may be upsetting or contacting a mental health professional.

### Mindfulness Practices

Practice mindfulness, such as meditation, yoga, or prayer for 20 minutes, two times a day. Mindfulness can help strengthen the brain pathways that actively buffer the stress response, helping you regulate your stress response more easily.



**For more on these tips, visit:**

[files.covid19.ca.gov/pdf/wp/california-surgeon-general\\_stress-busting-playbook--en.pdf](https://files.covid19.ca.gov/pdf/wp/california-surgeon-general_stress-busting-playbook--en.pdf)

## WHEN YOU NEED ASSISTANCE

### Resources for Farmers

Learn more about what resources are available for farmers.

**Western Region Agricultural Stress Assistance Program (WRASAP):**

[farmstress.us](https://farmstress.us)

**WRASAP Resource Clearinghouse:**

[farmstress.us/clearinghouse](https://farmstress.us/clearinghouse)

**California AgrAbility:**

[calagrability.ucdavis.edu](https://calagrability.ucdavis.edu)

### Resources for Farmworkers

Access more emotional and physical health resources for farmworkers.

**Healing Voices Project:**

[justice4women.org/healing-voices](https://justice4women.org/healing-voices)

**National Center for Farmworker Health, Una Voz Para la Salud:**

[ncfh.org/callforhealth.html](https://ncfh.org/callforhealth.html)

### Resources for Organizations

Organizations who work directly with farmers, farmworkers or the agricultural community can access resources, trainings and find information to assist in times of need.

**California Mental Health Resources by County:**

[focus.senate.ca.gov/mentalhealth/county-resources](https://focus.senate.ca.gov/mentalhealth/county-resources)

**FarmAid Resources Network:**

[farmerresourcenetwork.force.com/FRN/s](https://farmerresourcenetwork.force.com/FRN/s)

**UC Davis Research Highlight:**

[aghealth.ucdavis.edu/news/research-highlight-stressors-and-psychological-distress-latin-immigrant-agricultural-workers](https://aghealth.ucdavis.edu/news/research-highlight-stressors-and-psychological-distress-latin-immigrant-agricultural-workers)

**Upcoming WRASAP Suicide Prevention Trainings for Organizations:**

[farmstress.us/events](https://farmstress.us/events)

## WHEN YOU NEED TO TALK

### Farm Aid Hotline

**1-800-FARM-AID (1-800-327-6243)**

The Farm Aid Hotline, available M-F, 6am-7pm PT, refers farmers to an extensive network of farm and rural support organizations. You can also reach out at [farmaid.org/assistance](https://farmaid.org/assistance) or [farmhelp@farmaid.org](mailto:farmhelp@farmaid.org).

### National Suicide Prevention Lifeline

**1-800-273-8255**

The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

### CalHOPE Warm Line

**1-833-317-HOPE (1-833-317-4673)**

The CalHOPE Warm Line connects callers to other people who have persevered through struggles with stress, anxiety, depression—emotions triggered by the COVID-19 pandemic.

### Disaster Distress Helpline

**1-800-985-5990**

SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.