

Supporting Farm Families

Do you and your family own a farm and/or work in agriculture? The following resources are here to help.

<http://www.extension.umn.edu/family/supporting-farm-families/>

Minnesota Farmer Assistance Network (MFAN) — *Minnesota Department of Agriculture* — MFAN provides business and financial guidance at no cost to Minnesota farmers and farm families facing economic hardship. Call them at 1-877-898-MFAN (6326) or send an email to mfan.mda@state.mn.us.

Farm Information Line — Get reliable, research-based answers from Extension agriculture and natural resources experts. Call 1-800-232-9077 or email fil@umn.edu.

Crisis Connection — Crisis counseling hotline for anyone calling from a Minnesota area code. Call a counselor at 1-866-379-6363; services are free, confidential, and immediately accessible.

Health and Stress

Dealing with Stress: A Web-based Educational Series — *Sowing the Seeds of Hope Coalition and partners including University of Minnesota Extension* — Online educational series that helps those who work in agriculture understand stress and its effects on families and the business.

Dealing with Stress — Online courses and resources for understanding and coping with stress.

Coping with Stress — Get tips for coping with your own stress following a disaster, and helping loved ones do the same.

Relationships and Communication

[Emotional and Social Changes](#) — You may experience a range of emotions throughout a family transition. Likewise, you may discover that your social network has changed dramatically during the process. Find self-assessments and information to help you stay strong during this time of change.

[Supporting Agriculture Workers from Mexico](#) — Short videos, activities, and discussion guide for agriculture-sector employers.

[Identifying Sources of Support and Friendship](#) — Identifying your support system will help you get through a crisis.

[Family Problem Solving](#) — Tips for talking through issues and/or conflicts as a family.

[Communicating Under Pressure](#) — Tips for speaking carefully and listening attentively, even when you're stressed.

[Controlling Your Own Anger](#) — Anger is a normal reaction. It's also an emotion many parents don't know how to deal with when it comes to their children.

[Communicating Effectively](#) — Effective communication skills is key to a strong coparenting relationship. Learn some tips to help you communicate with your children's other parent during the family transition and beyond.

Resource Management

[Adjusting to Suddenly Reduced Income](#) — Strategies and tips for minimizing the effects of reduced hours or job loss.

[Getting Through Tough Times](#) — Fact sheets that cover getting help, making financial decisions with less, dealing with stress, figuring out how to do more with less, and children and tough times.

[Ag in Uncertain Times](#) — *Western Extension Committee* — Website that helps producers and others meet challenges of uncertain times. Webinars, resources, and more.

[Pork Producer Resources for Difficult Financial Times](#) — Provides resources that were specifically designed to help pork producers during difficult financial times.

[Money Mechanics — Communication](#) — *Iowa State University Extension* — Provides guidelines to have open communication about family finances, to help lead to better decisions about finances.

[Talking With Creditors](#) — Reduce your chances of being harassed by creditors or collection agencies by working out solutions for debt repayment early. Part of the *Getting Through Tough Times* series.

[Bridge to Benefits](#) — *Children's Defense Fund* — Multi-state project to improve the well-being of families and individuals by linking them to public work support programs and tax credits.

[MinnesotaHelp.info](#) — Online directory of services designed to help people in Minnesota find human services, information and referral, financial assistance, and other forms of help. It is especially rich in resource information for seniors and their caregivers; people with disabilities and their caregivers; parents and families; and low income people.

[GovBenefits.gov](#) — The official benefits website of the U.S. government provides easily accessible information on over 1,000 benefit and assistance programs.

Other Agriculture Resources

[Agriculture](#) — Get resources on crops, livestock, food, agricultural business management, and commercial horticulture.

[Minnesota AgrAbility Program](#) — Assists people with disabilities who work in agriculture. The program can help with on-farm consultation, safety planning, connecting to resources and peers, and more. See information on their website or call 800-669-6719, ext. 5601.

[Rural Minnesota Life](#) — *University of Minnesota Department of Family Social Science* — Website designed to contribute to family business and family vitality.