



## Rural Families in Tough Times Help Lines, web sites and resources

### Help Lines:

#### **1-800-SUICIDE**

*A 24-hour suicide prevention, crisis intervention, and referral telephone number.*

#### **1-800-233-4357**

*A Crisis Help line that helps people locate referrals when in a crisis.*

#### **1-800-573-4433**

*To find a free depression screening facility and date near you, call the **National Depression Screening Day's** toll-free number or visit:*

<http://www.mentalhealthscreening.org/depression.htm>

#### **1-800-448-3000**

*The **Girls & Boys Town National Hotline** that helps families in crisis and provides referrals.*

#### **1-800-799-7233 (voice) & 1-800-787-3224 (TTY)**

[www.ndvh.org](http://www.ndvh.org)

*The **National Domestic Violence Hotline** provides a toll-free, 24-hours a day, 365 days a year service with a database of more than 4,000 shelters and service providers across the United States.*

### Consultative Services:

**(Enterprising Rural Families (ERF) does not examine, determine or warrant the competence of any therapist or mediator listed in the following sites. Use of these sites to locate a family therapist or mediator is wholly voluntary and will not result in any liability against ERF or its instructors. In no event shall ERF or its instructors be liable for damages to any user of these sites for the voluntary selection of a therapist or mediator, for the services provided by any therapist or mediator listed, or for any other damages which may occur.)**

#### **TherapistLocator**

<http://www.therapistlocator.net/>

*Locate a marriage and family therapist in the United States, Canada or Overseas.*

*Read important information about a variety of problems facing today's families.*

#### **Coalition of Agricultural Mediation Programs**

<http://agecon.nmsu.edu/mediation/CAMP.htm>

*The purpose of the Coalition of Agricultural Mediation Programs (CAMP) is to serve as a presence and voice for the use of mediation in rural disputes. CAMP serves as a clearinghouse and forum*

*for sharing ideas; examining commonalities and differences; and for enhancing decisions about the conduct of rural mediation programs.*

**Association for Conflict Resolution**

<http://www.mediators.org/>

*The Association for Conflict Resolution is a professional organization dedicated to enhancing the practice and public understanding of conflict resolution. NOTE: Family mediators worldwide.*

**National Resource and Information Assistance:**

**Drug and Alcohol Abuse**

[www.nida.nih.gov](http://www.nida.nih.gov)

**Domestic Violence**

[www.ncadv.org/](http://www.ncadv.org/)

[www.ndvh.org/](http://www.ndvh.org/)

**Depression**

[www.nimh.nih.gov/publicat/depression.cfm](http://www.nimh.nih.gov/publicat/depression.cfm)

**Suicide**

[www.nimh.nih.gov/publicat/depsuicidemenu.cfm](http://www.nimh.nih.gov/publicat/depsuicidemenu.cfm)

**Farm Bankruptcy**

[www.ssu.missouri.edu/faculty/SMatthews/farm\\_bankruptcy.htm](http://www.ssu.missouri.edu/faculty/SMatthews/farm_bankruptcy.htm)

**Divorce**

[www.divorcesupport.com](http://www.divorcesupport.com)

**Health**

[www.health.gov](http://www.health.gov)

**Anxiety**

[www.nimh.nih.gov/anxiety/anxietymenu.cfm](http://www.nimh.nih.gov/anxiety/anxietymenu.cfm)

**Post Traumatic Stress Disorder**

[www.ncptsd.org](http://www.ncptsd.org)

**Farm Stress and Depression**

[www.uwyo.edu/ces/FAMILY/LIFE/LIFE\\_Main.html](http://www.uwyo.edu/ces/FAMILY/LIFE/LIFE_Main.html)

[www.ces.ncsu.edu/disaster/factsheets/stress.html](http://www.ces.ncsu.edu/disaster/factsheets/stress.html)

[www.ext.colostate.edu/pubs/consumer/pubcons.html#relat](http://www.ext.colostate.edu/pubs/consumer/pubcons.html#relat)

[www.extension.umn.edu/ruralresponse/](http://www.extension.umn.edu/ruralresponse/)

(websites active as of 9/01/03)