

## Resources

<https://agrability.colostate.edu/>: The vision of AgrAbility is to enhance the quality of life for farmers, ranchers, and other agricultural workers with disabilities, so that they, their families, and their communities continue to succeed in rural America.

<http://www.caamhpforhealth.org/>: Behavioral health vouchers for farmers, ranchers, and rural community members. Good for up to six sessions with a licensed, CAAMHP-certified counselor. The program is ag-friendly, remotely accessible, and anonymous.

<https://ranchmanagement.com/succession-assets-vs-management/>: Who controls what? How are business decisions made? How do we help the outgoing generation step aside with confidence?

<https://www.ruralhealthinfo.org/topics/farmer-mental-health#understanding-concerns>: Learn about the mental health challenges that farmers and ranchers face, with information on the root causes of stress, farmer demographics, mental health needs, and barriers to accessing care. Find tools and examples for developing programs to help address farmer mental health.

**A STATE OF MIND: CONFRONTING OUR MENTAL HEALTH CRISIS. The Cowboy Code**: In the West, there is a stigma around mental health that can stop people from getting treatment. Some call it the ‘cowboy code’: that you are supposed to pull yourself up by your bootstraps, stuff it inside, and move on. There are resources available, and sometimes the bravest thing you can do is reach out for help.