Our mission is to serve as the informed voice for mental health in rural America, and to provide mental health information and resources.

A Message from Rural Minds Founder and Chairman Jeff Winton

In recognition of May being Mental Health Awareness Month, we are pleased to be delivering on the mission of Rural Minds and continue building upon the momentum that's developed over the last several months:

- We hosted our first meeting for the Rural Minds Partnership Council.

- We presented our first Rural Mental Health Connections Webinar on April 13. We greatly appreciate all those who participated and attended, and we invite you to watch the video of the webinar.

- We’ve been honored to form a partnership with the National Grange to confront mental health challenges in rural communities across the country.

- We are working with the National Grange to co-present the next webinar on Tuesday, May 24, spotlighting Jeff “Ditz” Ditzenberger – a Wisconsin farmer and founder of the mental health nonprofit TUGS. We are grateful for Ditz sharing more of his inspiring personal experience confronting mental illness. Learn more and register here.

- We are partnering with Depression and Bipolar Support Alliance to help expand their existing support group network to create online rural mental health support groups that recognize the unique challenges of people in rural America who are living with a mood disorder. Learn more here.

We are energized by Rural Minds’ collaborations and partnerships that are moving us forward on our journey to help end the silence, suffering, and stigma surrounding mental illness in rural America.

Thank you to all who have joined us on this journey!
You’re Invited To Our Next Rural Mental Health Connections Webinar

In keeping with our mission to serve as the informed voice for mental health in rural America, Rural Minds is hosting the next “Rural Mental Health Connections Webinar.”

This free live Zoom event will feature:
- Jeff “Ditz” Ditzenberger, a Wisconsin farmer, sharing more about his personal experience with attempting suicide, confronting and managing his bipolar II disorder, returning to farming, and founding TUGS, a mental health nonprofit
- Pete Pompper, National Grange Community Service Director
- Julie Lux, Rural Minds Vice President of Communications, webinar moderator
- Interaction from the online audience during Q&A sessions

Tuesday, May 24, 2022
8pm ET / 7pm CT / 6pm MT / 5pm PT

Click here for more information

Click Here To Register Now

Rural Minds Forms a Partnership with the National Grange to Address the Mental Health Emergency in Rural America
In our quest to help end the silence, stigma, and suffering that surround mental illness, Rural Minds has partnered with the National Grange to address the current mental health emergency in rural America.

Our aim in collaborating with the Grange is to develop a grassroots, person-to-person approach to providing people who live in rural communities with mental health and suicide prevention information by working with local Granges, civic groups, and community leaders across the country.

**Click Here to Read More**

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**Rural Minds Partnership Council Hosts Inaugural Meeting**

On April 27, the Rural Minds Partnership Council had its first meeting, bringing together leaders of companies and organizations from the biopharmaceutical and agricultural industries. Council members partner with Rural Minds in supporting educational initiatives that address the mental health challenges faced by rural communities throughout the U.S.

“The inaugural meeting of our Partnership Council was quite productive,” noted Rural Minds Executive Director Chuck Strand. “This council provides a unique opportunity for representatives from both the biopharmaceutical and agricultural industries to exchange information and share expertise as Rural Minds develops collaborative initiatives to combat the mental health crisis in rural America.”

We are currently in the process of expanding our Partnership Council membership. Learn more here or please contact Chuck Strand at Chuck@ruralminds.org.

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**IN THE NEWS:**
Click on the links below for recent news stories about some of the important issues impacting mental health in rural America today.

- **Rural Minds Featured in the National Grange’s Good Day Magazine: “Advocating for the Mental Health of Rural America”**

- **Rural Minds’ Julie Lux Featured on KSIR Radio-Daily Ag Newsmaker with Lorrie Boyer**

- **Mental Health Service Use, Suicide Behavior, and Emergency Department Visits Among Rural US Veterans Who Received Video-Enabled Tablets During the COVID-19 Pandemic**

- **Changes Needed in How We Address Mental Health, Says U.S. Policy Advisor**

- **CBS Evening News - Mental Health Hotline Helps Farmers In Crisis**

- **HHS Announces Nearly $35 Million To Strengthen Mental Health Support for Children and Young Adults**

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Connect with us!