Rural America is currently facing a mental health emergency that is placing an enormous strain on rural communities. With limited access to mental health resources in these areas, many individuals are not receiving the treatment they need. The lack of mental health services in rural communities, coupled with the stressors of rural living, such as isolation, limited job opportunities and financial struggles, have led to a significant increase in mental health issues. Additionally, the stigma surrounding mental illness in rural areas often prevents people from seeking help.

To confront this mental health emergency, Rural Minds and the National Grange have created the Rural Mental Health Resilience Program. Please visit the program’s website at www.ruralminds.org/resilience for resources to help you become part of the solution for improving mental health in your community.

By taking these steps, together we can work towards improving the mental health for individuals living in rural America.

Help is available

If you or someone you know is in crisis and needs help, call or text 988. The 988 Lifeline connects you with a trained crisis counselor who can help. It is free, confidential, and available 24/7. If this is a life-threatening emergency, call 911 or go to the nearest hospital emergency room.

Based on the following mental health facts and statistics, the 46 million people who live in rural America are facing a mental health emergency.

**Rural Depression and Suicide Rates**

- Rural Americans have higher rates of depression and suicide, but are less likely to access mental healthcare services, compared to people who live in urban areas.
- According to the Centers for Disease Control and Prevention (CDC), suicide rates among people living in rural areas are 64% to 68% higher compared to people living in large urban areas.
- Farmers and ranchers are nearly twice as likely to die by suicide compared to other occupations.
- Depression, anxiety, and behavioral conditions are more prevalent among rural children compared to urban children.
- Youth living in rural areas are at higher risk of suicide compared to those living in urban areas.

**Rural Healthcare Shortage**

- Rural areas have 20% fewer primary care providers than urban areas.
- 65% of rural counties don’t have a psychiatrist.
- 81% of rural counties don’t have a psychiatric nurse practitioner.
- Only about 30% of highly rural counties have a mental health facility that treats young people.
- Rural residents are less likely to have reliable broadband internet – with nearly 30% reporting no internet connection – limiting their access to telehealth appointments.

For mental health and suicide prevention information and resources, visit the Rural Mental Health Resilience Program website at www.RuralMinds.org/resilience or via the QR code below: