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Minnesota Crop Production Retailers

INSERT

MN Mental Health Challenges

A Personal note from Bill Bond:

MCPR members and friends,
Below you will find resources for folks who need help. Help with a mental health crisis or to address symptoms of depression and anxiety which cause concern. I offer this information coming from personal experience on which I draw. At the age of five years old, my Dad had a "nervous breakdown", and had to be hospitalized at the Rochester State Hospital (a health facility closed long ago). He was diagnosed with manic depression, what now is called bipolar mental illness. The crisis was precipitated in part by the struggles of a marginal, failing rented farm operation of 20 dairy cows and crops. In the mid 1950's resources for those with mental health problems were scarce and no financial resources were available for the family. Dad

and Mom lost their farming operation and our home. Relatives and church friends took us in, but no one talked about the mental health condition my Dad faced. No one explained to me why we had to sell our two draft work horses, sell our tractors and farm equipment, get rid of my two dogs Laddie and Blackie, the kitties, chickens and ducks. I did not understand why I could not see my Dad for several months. With little support and no money, our family was devastated. While Dad did recover and got a factory and truck driver job, he was never the same again as farming was his passion. And his family had to learn how to survive and ultimately thrive through repeated hospitalizations and one mental health crisis after another of the primary bread winner in the family.

Over the years I found help for the trauma I experienced as the oldest, only son of a farmer in mental help crisis. I got involved in The

National Alliance on Mental Health (NAMI-MN), and received training as a volunteer to offer assist to individuals and families living with the challenges of mental illness. I tell you this to say that if you or someone you know and love has developed behavior or emotional conditions which worry you, please don't hesitate. Listed below are resources here in Minnesota for you to access. Don't let the situation get worse or out of hand. Take action now. And, of course, please phone me if you think I can be of assistance and I will do what I can to get you to help based upon my experience and training. You don't need to suffer alone. You need not feel isolated. There is help.

Cordially,

Bill Bond

Bill Bond

CRISIS: GET HELP NOW

Minnesota Farm & Rural Helpline - Ph. 833-600-2670 x 1

Free, confidential, 24/7. This call center is located in Minnesota. Calls are answered by trained staff and volunteers. If you or someone you know is struggling with stress, anxiety, depression, or suicidal thoughts — call. Sometimes it's easier to talk to somebody you don't know.

Ted Matthews, Rural Mental Health Counselor - Ph. 320-266-2390

Ted works with farmers across the entire state. No cost; no paperwork. The service is available thanks to funds from the Minnesota Legislature. Center of Agriculture Mental Health Outreach.

Mobile Crisis Teams

Available in every Minnesota county, mobile crisis team counselors can respond quickly and provide in-person, short-term counseling or mental health services during a crisis or emergency. Calls are answered immediately 24 hrs/day. Responders travel in private vehicles and generally arrive within 2 hours.

NAMI Minnesota

NAMI Minnesota is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. They offer information, classes, support groups, and suicide prevention training (namimn.org).

National Suicide Prevention Lifeline Call: 800-273-8255 (Veterans, press 1)

Crisis Text Line Text MN to 741 741

Both these numbers offer immediate free and confidential support for people in distress. They give information about prevention and crisis resources to people who are worried about themselves or someone else.



2019 MCPR Annual Golf Outing

Thursday, August 22nd, 2019

The 2019 MCPR Annual Golf outing will be held *Thursday, August 22nd* at the *NEWLY RENOVATED* Little Crow Country Club, located in the heart of New London-Spicer's beautiful lake region.

Registration and lunch at the Little Crow Country Club will begin at 10:30 AM. After lunch the shot gun start will take place. Dinner and awards will conclude the days event.

If you would like to play a practice round in the morning, please contact the Little Crow Country Club directly to schedule at (320) 354-2296. MCPR has also reserved a room block at the adjoining GrandStay® Hotel & Suites. Room reservations can be made by calling (320) 347-1500.

Interested in sponsoring? Contact Jessi at (763) 235-6473/jessi@mcpr-cca.org or Keith Knapp at (763) 235-6478/kknapp@miia.org to find out how!

PRICING: \$95 per golfer includes: golf, cart, lunch, dinner, refreshment ticket and raffle ticket.

Method of Payment

Check Enclosed (Payable to MCPR) or Charge to: VISA MC AMEX

Card Number

Ex Date

CVV#

Name on Card

Billing Address

City

State

Zip

Golfer Names:

1.

2.

3.

4.

Name

Company

Phone

Email

Address

City

State Zip