

# Mental Health in Rural America

## The Challenge

Healthy rural communities include access to behavioral health care and promote community support for mental health. Rural Americans sometimes face logistical and other challenges that impact access and increase their risk of experiencing adverse mental health events.



Jefferson School District award ceremony

## Success Stories

### Distance Learning Grant Expands Educational Opportunities

In Ohio's Ashtabula County, Jefferson School District is using its \$1 million Distance Learning and Telemedicine Grant to expand educational opportunities, reduce absenteeism, and increase access to telemedicine and behavioral health services, including substance use disorder counseling. Grant funds are offsetting the cost of equipment to set up six hub and end-user sites, each able to provide one-on-one or group classes and provide behavioral health or telemedicine services with regional providers. The system is expected to provide services to more than 1,600 students and 3,600 rural community members. You can read the full story at this link: [tinyurl.com/RUS-OH-DLT](https://tinyurl.com/RUS-OH-DLT).

### New Mental Health Service Center in Pennsylvania

With funding from a \$1 million Community Facilities direct loan, a new mental health service center in Uniontown, Pennsylvania offers a place to connect with qualified Fayette County Mental Health Association professionals. The center also will host community activities such as bingo and arts and crafts, not only expanding access to care, but also working to reduce the stigma often associated with seeking help for mental health challenges.

Programs That  
Support  
Behavioral  
Health Care and  
Community  
Mental Health



Community Facilities  
Loans, Grants, and  
Loan Guarantees



Distance Learning  
and Telemedicine  
Grants



Rural Economic  
Development  
Loans and  
Grants



Business and  
Industry Loan  
Guarantees

# RURAL DEVELOPMENT MENTAL HEALTH PROJECTS BY THE NUMBERS\*

**\$46.2 million**

invested in mental health-related projects in FY24

**69**

number of mental health-related projects funded in FY24

**31**

number of states and territories that received mental health-related program funding in FY24

**4**

number of USDA RD programs that provided mental health-related funding in FY24

\*All numbers accurate as of October 2024.

---

## Rural Health Contact Information

Webpage: [rd.usda.gov/resources/usda-rural-health](https://rd.usda.gov/resources/usda-rural-health)

Email: [Rural.health@usda.gov](mailto:Rural.health@usda.gov)

Sign up for Rural Health emails at this link: [tinyurl.com/GovDRuralHealth](https://tinyurl.com/GovDRuralHealth)

---

## About the USDA

USDA touches the lives of all Americans each day in so many positive ways. The USDA is transforming America's food system with a greater focus on more resilient local and regional food production, fairer markets for all producers, ensuring access to safe, healthy and nutritious food in all communities, building new markets and streams of income for farmers and producers using climate-smart food and forestry practices, making historic investments in infrastructure and clean energy capabilities in rural America, and committing to equity across the Department by removing systemic barriers and building a workforce more representative of America. To learn more, visit [www.usda.gov](https://www.usda.gov).

You can learn more about the history of USDA Rural Development at this link: [rd.usda.gov/history-rural-development](https://rd.usda.gov/history-rural-development).

USDA is an equal opportunity provider, employer, and lender.



**Rural Energy for America Program**



**Delta Health Care Services**



**Rural Business Development Grants**

If you are experiencing a mental health crisis and need immediate help, call the National Crisis Lifeline.



The U.S. Health and Human Services Substance Abuse and Mental Health Services Administration offers a confidential, anonymous resource for people seeking help for mental health, disaster distress, and substance use disorders. You can learn more at this link: [findtreatment.gov/](https://findtreatment.gov/).