



Mental Health Resources

The economic and financial fallout of the Coronavirus (COVID-19) is beyond comprehension. Producers are hurting and the Missouri Cattlemen's Association staff and leadership understand that. It would be careless for us to ignore the mental health aspect of this situation. It takes a toll on everyone in the industry. We want to be assured that members and leaders understand there are resources available to those individuals who are suffering. Below is a compilation of those resources available, but if someone is having unhealthy thoughts, a call needs to be made to the National Suicide Prevention Lifeline that is available 24 hours a day. That number is 1-800-273-8255.

Suicide Prevention Lifeline – 800-273-8255

This lifeline is available to everyone 24 hours a day, 7 days a week and is staffed by a network of crisis centers to provide free, emotional support to those in need.

Crisis Text Line – Text “MOTALK” to 741741

For those of us that are not always able to put into words how we are feeling or are not comfortable vocalizing our fears, the Crisis Text Line is also available 24 hours a day, 7 days a week. Text MOTALK to 741741 to converse with a trained crisis counselor.

Access Crisis Intervention Line

Formerly known as the Behavioral Health Crisis Line, the Access Crisis Intervention Line provides access to services in your area such as resources within your community, behavioral health appointments, and mobile responses. Each region in Missouri has its own hotline number to contact, so please visit <https://dmh.mo.gov/mental-illness/program-services/behavioral-health-crisis-hotline> and select your home county to get in contact with a behavioral health specialist in your area.

The Disaster Distress Helpline – 800-985-5990

The Disaster Distress Helpline is dedicated to providing immediate crisis counseling for anyone experiencing distress due to a natural or human-caused disaster. Use of this helpline is free of charge and available to any United State resident experiencing stress, anxiety, and other symptoms related to distress. Call 800-985-5990 or text “TalkWithUs” to 66746 to connect with a trained crisis counselor.

In addition to the resources above, we encourage you reach out to those you know are in a dire situation. If that person is you, please call a friend. Do not hesitate to call any staff member or leader of this association. All contact information of all MCA officers, regional vice presidents and staff is below.

Marvin Dieckman – 660-596-4163
Patty Wood – 660-287-7701
Bruce Mershon – 816-289-3765
Bobby Simpson – 573-729-6583
Matt Hardecke – 573-846-6614
David Dick – 660-221-5178
Eric Greenley – 660-341-8750
Sydney Thummel – 660-254-3268

Chuck Miller – 573-881-3589
Charlie Beshler – 573-225-3138
Deb Thummel – 660-541-2606
John Shipman – 660-221-1013
Clay Doeden – 417-808-0415
Traves Merrick – 417-536-8080
Mike Deering – 703-731-9086
Coby Wilson – 573-808-2309