



Farm Stress Resources by Soy State
National Farm Stress Resources for U.S. and Canada
May 1, 2020

#SoyHelp

Tennessee

Tennessee Suicide Prevention Network

- **Text TN to 741741** to connect to the [Crisis Text Line](#) and a trained counselor -or-
- Call the [National Suicide Prevention Lifeline](#) at **1-800-273-TALK (8255)**, a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress.
- [Farmers & Suicide Prevention](#) resource page.

Tennessee Department of Mental Health & Substance Abuse

Get help now! If you are experiencing a mental health emergency, Call 855-CRISIS-1 (855-274-7471)

Available 24/7 every day. All calls routed to a trained crisis specialist within your area. The service is free.

- When you're having trouble getting mental health or substance use services, calling the **Helpline** offers you and your family access to an advocate who will listen to your concerns and provide information about available resources in your area.

The Helpline is available:

Monday - Friday, 8 a.m. to 4:30 p.m. CST
Ph: (800) 560-5767

(615) 532-6700

Email: oca.tdmhsas@tn.gov

- Again, if you need immediate help now, call the **24/7 Tennessee Statewide Crisis Line**
(855) 274-7471

Louisiana Interchurch Conference (LIC)

Phone: 225.344.0134

Contact: Dan Krutz

Email: lainterchurch@aol.com

Website: <http://www.lainterchurch.org>

Resource Description: LIC is a statewide association of churches representing 15 denominations. The LIC strives to foster greater visible Christian unity through common worship, study and social outreach. Financial, educational and counseling services are available to farmers through this office. Tennessee is within the service area.



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Alabama

Alabama Ready

Accessible through the Alabama, A&M, and Auburn Universities Extension Service, Alabama Ready has links to recent [Coronavirus information and stress tools](#).

County by county directory of [crisis numbers for mental illness](#) from Alabama Dept. of Mental Health

Central Alabama Recovery Educational Support Specialists (CARESS)

24/7 HELPLINE

844-307-1760

Are you or a family member, struggling with addiction or in need of support?

Do you prefer to chat? We have a person available to you via our chat line 24/7.

Please visit the website at www.caressinc.com.

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Arkansas

University of Arkansas

The University of Arkansas Cooperative Extension Service provides [links to personal and family well-being](#), including C-19 Resources.

Arkansas Department of Health

The Arkansas Dept of Health has [online help lines and resources related to C-19](#) and mental health, including stress management.

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Delaware (Mid-Atlantic)

Delaware 211

Dial 2-1-1 or dial 1-800-560-3372, or Text your ZIP code to 898-211.

With many households experiencing reduced income or lack of access to services, the best place to find assistance would be [Delaware 211](#). This statewide resource can link you to all sorts of help, including food, utility assistance, housing, health, *mental health* and many other categories. Tell them what you need, and these wonderful helpers will get you connected to the right resources.

Delaware State Resources

- **Online Emotional Support Resources** Being resilient means that you can face challenges and difficulties in life. One way of being resilient is by asking for assistance when you need it or just talking to someone who can support you. During these stressful times, it is easy to get overwhelmed and not ask for things that you need. Several state sites have rounded up [resources to find help](#) being resilient in turbulent times.
- The next step is **getting connected** to the right kind of mental well-being resources. The [Delaware Help is Here website](#) connects you with behavioral health, mental health or addiction help. Whether it is for you or a loved one, support is there to get you through a tough time.
 - **New Castle County**, call 800-652-2929
 - **Kent and Sussex counties** call 800-345-6785.
 - If it is an emergency, you can call 911 or the **mobile care crisis line 1-800-652-2929**.

JFS Online

[JFS OnCall](#) may be just the help needed during C19 and other times of extra pressure; it is a free and confidential **emotional support hotline**. Call **302-781-4537** to speak with an experienced social worker. The hours of operation are from 9 a.m. to 9 p.m. This service is through Jewish Family Services of Delaware.

NAMI Delaware and Morrow Counties

Link to [Breaking the Stigma of Mental Health in Farming](#)

Northeast Extension Risk Management Education

NERME has a [Farm Stress Management](#) page with helpful resources for farmers and ranchers, including the [Healthy Farms, Healthy Minds brochure](#).

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University of Delaware

Since 1869, UD [Cooperative Extension](#) has brought university knowledge and resources to the people of Delaware — and despite the upset of COVID-19 to our daily lives, that commitment continues.

- [COVID-19 Resources](#)

- **Mental Health First Aid Training**

Do you know what stress, addiction, and/or mental health disorders looks like in friends, family or colleagues? Do you know what to do when you encounter these types of behaviors?

Why attend? Delaware's agriculture community is facing many stressors. Those who are in the position to consult and aid them need to know the signs, symptoms and strategies to best serve them. Farm family members also need to know how best to help their loved ones.

What is this training about? The Mental Health First Aid training is an eight-hour evidence based program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common ways to help and find support. Using interactive educational methods, you'll learn how to offer initial help in a mental health crisis and how to connect with the appropriate level of care. You will also receive a list of community healthcare providers and national resources, support groups, and online tools for mental health and addictions treatment and support. A certificate of completion is provided to attendees who attend all eight hours of the training.

[Learn more and share this flyer](#)

REGISTER NOW

- Watch [How Healthy is Your Farm](#) – This short video helps to connect the importance of personal health with the health and vitality of the farm operation. It aligns with the Creating a Thriving Farm Visuals, Descriptions and Stacking Game.
- [How Healthy is Your Farm - Self-Assessment](#) – The Linking Farm Vitality and Family Health and Wealth 13-question, self-assessment tools help farm audiences determine their readiness in being able to address a personal health crisis and helps them to see how having key documents and back-ups in place can help to sustain their farm.
- Access the *Farm and Farm Family Risk and Resilience Toolkit* and other [personal wellbeing and financial help tools and resources](#).

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Georgia

The Georgia Collaborative ASO

For immediate access to routine or crisis services, call the **Georgia Crisis and Access Line (GCAL)** at **1-800-715-4225**. GCAL is available 24/7 365 days a year to help you or someone you care for in a crisis.

GCAL professionals will:

- Provide telephonic crisis intervention services
- Dispatch mobile crisis teams
- Assist individuals in finding an open crisis or detox bed across the State
- Link individuals with urgent appointment services

In addition, GCAL will help you to access a State Funded provider in your area in a non-emergency as well. A nationally accredited Health Care Call Center, crisis center, and partner in the National Suicide Prevention Lifeline, the Behavioral Health Link Crisis Call Center is proud to operate the Georgia Crisis and Access Line.

Text & Chat

Georgians can now access GCAL's services via text and chat through the **My GCAL app**, available for download. Developed by Behavioral Health Link, the app will allow those in need to **call, text, or chat with GCAL 24/7/365**. Help is in your pocket—just a click away. The caring professionals of GCAL are ready to help, and users can choose how they want to reach out.

Find a Provider through [ReferralConnect](#)

University of Georgia

The University of Georgia is committed to helping the rural communities in Georgia and the producers, farmers and citizens who are the backbone of their communities. The following are a collection of articles, resources and programs we have gathered to assist with issues from maintaining good mental and physical health to juggling economic, educational or lifestyle concerns. We will update these resources with the most current and useful information generated by our faculty and by experts throughout Georgia and the U.S.

Access UGA Extension's "[Stress Less, Live More](#)" guide and other resources at extension.uga.edu/rural.

[UGA Extension COVID-19 Resources](#)

[UGA Extension 1-Page Resources for Information: Mental Health & COVID-19](#)

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Florida

Florida Department of Health

The FDH COVID-19 Call Center is available 24/7 at **1-866-779-6121** or by email, COVID-19@flhealth.gov

Florida-specific resources may be found at the Florida Health website:
<https://floridahealthcovid19.gov/> including for [stress and other mental health concerns](#).

Florida Farm Bureau Resource Links

<https://www.floridafarmbureau.org/mental-health-resources/>
<https://www.fb.org/programs/rural-resilience/>

Florida Blue (BCBS)

Call **833-848-1762**, a free 24/7 **bilingual helpline** open to provide emotional support during the COVID-19 health crisis.

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Illinois

Illinois Mental Health Collaborative for Access and Choice

If you find that you are very lonely and do not have people to reach out to, a **warm line** might be useful. Warm lines are hotlines that you can call to speak with someone. You do not need to be experiencing a “crisis” to call/text a warm line. Your call/texting session might be brief; be prepared to wait “on hold.” Read more about the Illinois warm line [here](#).

If you are calling from within the state of Illinois:

Illinois warm line (there may be an above average wait time):

Call: 1 (866) 359-7953

TTY: 1 (866) 880-4459

Monday-Friday, 8am-5pm

University of Illinois

[COVID-19 Mental Health Resources](#) from the Dept. of Psychology

Illinois Farm Bureau

Visit IFB's [Mental Health & Wellness page](#) for resources including finding a mental health provider, identifying [how stress affects you](#), [warning signs and symptoms](#), and [wellness tools](#).



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Indiana

Families First Indiana

24 Hour Crisis and Suicide Prevention Line: Call 317-251-7575 or Text CSIS to 839863

Families First Indiana has a free 24-hour crisis line for people who are in crisis or contemplating suicide. If you are experiencing thoughts of suicide, are concerned about a loved one, need referrals, or just want someone to listen, our Crisis Intervention Specialists are available 24 hours a day to provide support for any problem you may be facing. Call or text now to speak with someone. FFI wants you to know you're not alone, and they can help you get through whatever it is you're facing. The Crisis Line is a member of the National Suicide Prevention Lifeline Network.

Indiana State Department of Health

ISDH's COVID-19 webpage: <https://coronavirus.in.gov>

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Iowa

Iowa Concern

Iowa Concern Hotline 1-800-447-1985

A confidential, free resource answered **24 hours a day, 7 days per week**. Language interpretation available. Dial 711 for TTY/TDD.

- 24/7 Phone Support - Trained staff take your calls via the toll-free hotline.
- [Email an Expert](#) - Send your questions related to legal issues, finances, stress and crisis or disaster to our staff.
- [Live Chat](#) - One-on-one, secure communication through typed text with a stress counselor.
- News Release - [Call Iowa Concern for Help Coping with the Stress of COVID-19](#) | [Audio PSA](#)
Video PSA - [Iowa Concern Hotline - COVID-19](#)

Iowa State University “Question. Persuade. Refer (QPR)” Classes

Take an online QPR class through ISU and say "yes" to saving the life of a friend, colleague, sibling, or neighbor. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

Intended audience: Adults

Format: 60 to 90-minute program

Features:

- Designed to teach lay people and professionals about the warning signs of a suicide crisis and appropriate responses.
- Can be offered as a stand-alone program or as a breakout session at larger conferences.
- [QPR Gatekeeper Training for Suicide Prevention](#) is listed in the National Registry of Evidence-based Practices and Policies.

ISU Extension and Outreach will continue to offer QPR at a variety of dates and times to meet the busy schedules of the agribusiness community. Each on-line program will last for one hour. Those dates and times are as follows:

- Tuesday, May 5 at 12 p.m.
- Wednesday, May 6 at 10 a.m.
- Tuesday, May 12 at 12 p.m.
- Wednesday, May 13 at 10 a.m.
- Tuesday, May 19 at 12 p.m.
- Wednesday, May 20 at 10 a.m.

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Agribusiness professionals, agriculture lenders and bankers, veterinarians, vet techs, commodity group members and producers can register at NO cost for any of these programs. To register, go to <https://www.extension.iastate.edu/humanosciences/QPR>. Unique URL Zoom links will be sent to registered participants prior to each program. For more information, contact David at dnbrown@iastate.edu.

For more ISU resources to use during the COVID-19 outbreak, please visit the [Finding Answers Now page](#) or the [COVID-19 Resources](#), including dairy resources.

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Kansas

Kansas Suicide Prevention Line 1-785-841-2345
National Suicide Prevention Line 1-800-273-8255

Kansas Ag Stress

The [Kansas Ag Stress Resources website](#) has a wealth of local and national resources for farmers and ranchers to help deal with mental health, stress, depression and other specific diagnosis assistance, including support, services, and ways to find help for those you know who may be in need.

The family support section has resources specifically for men in ag, women in ag, teens and young adults, aging adults, farmer veterans, and farm families. The [Kansas AgrAbility Project](#) for farmers who have been injured, have a health condition or disability – or are veterans – can be accessed through the Kansas stress website or directly.

For free 24/7 support, call the **Regional Concern Hotline at 1-800-447-1985**

Kansas Mental Health Center

Teletherapy Health Care Options

In response to the COVID-19 outbreak, Kansas mental health care providers are starting to provide teletherapy options to their clients. Please check the [Kansas Mental Health Center Directory](#) for possible teletherapy options near you, along with the following:

- [Bert Nash Community Mental Health Center](#)
- [Crosswinds Counseling and Wellness](#)
- [Pawnee Mental Health Services](#)
- [Iroquois Center for Human Development](#)

If you are a farmer experiencing an *immediate* crisis, or know of someone in need of *immediate* assistance, contact your local [Kansas Community Mental Health Center](#) or the **Kansas Suicide Prevention Line 1-785-841-2345**, which will provide suicide prevention support for both you or someone you may be concerned about. **Call anytime 24/7** and get connected with a caring, highly trained counselor. Or, call the [National Suicide Prevention Line](#) at **1-800-273-8255**.



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Kentucky

University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service

This resource sheet from is from April 2019, yet still provides helpful links, phone numbers and information to assist, specifically around financial-related issues: [Resources Available to Farmers Struggling with Farm Financial Stress](#)

Team Kentucky

- [Kentucky's COVID-19 website](#) offers latest pandemic information, including tips on mental health and relieving anxiety and links to national resources.
- **KY COVID-19 Hotline (800) 722-5725**
Note, this is not a crisis line- see below for those numbers. The COVID-19 hotline is a service operated by the healthcare professionals at the KY Poison Control Center who can provide advice and answer questions regarding C-19. You can also email KYcovid19@ky.gov.

Mental Health America of Kentucky

[COVID-19 Resources](#)

National Alliance on Mental Illness (NAMI) KY

- [NAMI Local Support Groups \(Virtual\)](#)
- [NAMI Louisville Crisis Resources](#)

QPR Training through University of Kentucky

QPR stands for: Question, Persuade, and Refer - 3 simple steps that anyone can learn to help save a life from suicide. People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to get a person at risk the help they need.

With QPR training you can learn how to save the life of a farmer, student, friend, colleague, family member, or neighbor. In as little as 1½ hours you can learn to recognize the warning signs of suicide and how to apply three simple steps that may save a life. Presented by a certified QPR instructor, each QPR training includes information on:

- The problem of suicide nationally and in Kentucky
- Common myths and facts associated with suicide
- Warning signs of suicide
- Tips for asking the suicide question
- Methods for persuading suicidal individuals to get help

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- Ways of referring at risk people to local resources
- AND time for Questions and Answers

Each attendee will receive a QPR booklet and card with information on suicide prevention, as well as resource information for treatment providers and support groups within their community.

Spring 2020 QPR Attendance dates coming soon: *[First come, first served]* For more information on QPR, or to schedule a separate QPR training session, contact Dr. Megan Marks or Dr. Mary Bolin at (859) 257-8701.

Other KY Suicide Resources

KY Local Suicide Hotlines & Help Centers, along with national suicide hotline and chat options.
<https://www.kentuckysuicideprevention.org/>

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Louisiana

Louisiana Department of Health and Office of Behavioral Health

LA Dept. of Health has a comprehensive [Coronavirus COVID-19 Behavioral Health Information Guide](#) with the following helpful resources including:

- [**"Keep Calm through COVID"**](#) Help Line
 - Line: 1-866-310-7977
 - Available 24 hours a day, 7 days a week, all calls are confidential
 - Includes list of local contacts for LA residents
 - [Tips for Survivors of Disasters & Other Traumatic Events](#)
- [**Louisiana Spirit Crisis Counseling Program**](#) (commonly referred to as "**Louisiana Spirit**")
 - Louisiana Spirit provides adult and child needs assessment and referral to additional disaster relief services or mental health, counseling goals to assist disaster survivors in understanding their current situation and reactions, mitigate stress, review their disaster recovery options, and provide general support/information on resources and services available.
 - Collaborates with the LDH/OBH to offer disaster mental health interventions, which includes outreach crisis counseling and education to families, staff of local governments, rescuers, disaster first responders, business owners, religious communities, and other special populations. **Free stress management services** are available for employees of public, private and non-profit entities statewide.

Suicide.org

Louisiana regional crisis lines and care centers: <http://www.suicide.org/hotlines/louisiana-suicide-hotlines.html>

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Maryland (Mid-Atlantic)

University of Maryland

Because of the critical role of farmers in Maryland and across the nation, the [University of Maryland Extension](#) has prepared resources to help farm families navigate the numerous resources available online and provide timely, science-based education and information to support prosperous farms and healthy farm families. Find financial, stress management, and legal resource links and information.

- [Managing Farm Related Stress](#)
- [Farmer Resources COVID-19: Reducing Stress](#)

Save a Shore Farmer

The Save a Shore Farmer campaign from the Rural Maryland Council (RMC) provides resources for farmers and their families on Maryland's Eastern Shore. [Learn more](#).

Northeast Extension Risk Management Education

NERME has a [Farm Stress Management](#) page with helpful resources for farmers and ranchers, including the [Healthy Farms, Healthy Minds brochure](#).

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Michigan

Michigan State University

MSU [Managing Farm Stress Program](#)

- Researchers at Michigan State University Extension are conducting a [research study](#) to learn more about struggles Michigan farmers experience, in addition to what types of information may help. Participants in the study will receive text messages over 12 weeks with information and resources relating to both stress and coping strategies for managing stress. Participation is limited! To find out if you are eligible for this study, please answer the following questions: [Farm Stress Text Messaging Study Eligibility](#).
- MSU's **Farm Stress Program** is now equipped to connect farmers experiencing stress and mental health issues with [online counseling](#). Through this pilot project, MSU Extension can link farmers with a licensed mental health therapist via teletherapy. There are two ways farmers can access services with the pilot project. You can reach out to Eric Karbowski, MSU Extension farm stress educator, at 989-317-4079 or karbows8@msu.edu, or self-refer for services by calling 866-852-4001. **Please note that self-referrals must state "MSU Extension Teletherapy" to qualify for the pilot project.**

Other Helpful MSU Resources:

- Webinar Series: [Bury Seeds Not Stress Webinar Series](#)
- Managing Stress on the Farm: [Managing Farm Stress](#)
- Financial Management Resources: [Online Financial Resources](#)

211 Michigan

- [Michigan 2-1-1](#) is a free service that connects Michigan residents with help and answers from thousands of health and human services agencies and resources right in their communities—quickly, easily, and confidentially.
- Dial 2-1-1 or 844-875-9211, chat online, or search the website for resources.
- Don't see what you're looking for online? **Dial 2-1-1 or text your zip code to 898211—24 hours a day, 7 days a week—to get fast, free, confidential help.** Trained staff is always available to help you find what you need.



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Minnesota

Minnesota Farm & Rural Helpline: 833-600-2670

- 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.

Crisis Text Line: Text MN to 741 741

Minnesota Warmline: 877-404- 3190 or text "Support" to 85511

- Receive help through peer support to address loneliness, isolation, increased feelings of anxiety and depression, as well as help people living with mental health conditions with recovery and wellness before a crisis occurs.

University of Minnesota Extension

Provides tips, online courses and resources for understanding and coping with stress during the COVID-19 pandemic.

- [Managing stress](#) begins with self-care. Fortunately, there are many things you can do at home and on your own schedule to support your mental health, maintain healthy communication and prevent isolation, particularly in this time of COVID-19 "stay at home" regulations.
 - [Taking Care of Yourself in Isolation](#)
 - [Coping with Rural Stress](#)
 - WATCH: [The Stress Series](#)
 - [Healthy and Fit on the Go: Stress Relief](#)
 - [Farm Financial Counseling](#)
 - Call the Farm Information Line to set up a financial counseling session
 - 1-800-232-9077
 - Free and confidential
 - [Getting Through Tough Times](#)
 - WATCH: [Wellbeing in a COVID World](#)

Minnesota Department of Agriculture

- **Minnesota Farmer Assistance Network**

Minnesota Farmer Assistance Network: 877-898-6326 or 651-201-6327

The [Minnesota Farmer Assistance Network \(MFAN\)](#) was established within the Minnesota Department of Agriculture in 2009. MFAN's purpose is to be a one-call place to access a wide

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variety of resources for farm families under stress. Partners in the network include over a dozen education, counseling and social service agencies.

- **Minnesota Rural Mental Health Specialists**

The Minnesota Department of Agriculture understands the extreme pressure farmers face today. To ensure farmers have access to adequate help that suits their needs, the Department of Ag. provides subsidized counseling for farms.

Ted Matthews: 320-266-2390 & **Monica McConkey:** 218-280-7785

These specialists work with farmers throughout Minnesota. **No cost; no paperwork.** The service is available thanks to funds from the Minnesota Legislature. Information from Matthews can be found at <https://www.farmcounseling.org/>, and helpful blog posts at <https://www.farmcounseling.org/blog>

- **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.

- **Red River Farm Network “TransFarmation” partnership**

Click to listen to [TransFARMation](#) episodes on iTunes, Spotify, or your favorite podcast app:
Radio shows and podcasts about farm stress stories and strategies

Prompted by the many sources of stress currently impacting farmers and ranchers, the Minnesota Department of Agriculture and the Red River Farm Network have joined forces to create a new radio and podcast series called *TransFARMation*. The series is designed to increase awareness and reduce inhibitions about acknowledging farm stress, as well as highlight the resources available. Local farmers, ranchers and agricultural stakeholders are featured, sharing personal stories and offering a message of hope.

- **Resource Page**

- [Coping with Farm & Rural Stress](#)
- [Coping with Farm & Rural Stress in Minnesota \(printable brochure\)](#)

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.

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Mississippi

Mississippi Department of Mental Health

Helpline: 1-877-210-8513

Individuals also can search for mental health providers near them at:

<http://msdmh.ongovcloud.com/public>

Mississippi State Medical Association

The MS State Medical Assn. is implementing a social media campaign, #MentalHealthMondays. They are launching a four-part series focused on mental health & COVID-19 featuring Dr. Katherine Pannel. Watch [here](#).

Mississippi State University's Extension

- [**“Farm Stress” Initiative**](#)
- [**Mental Health First Aid Course**](#)
 - For adults in rural Mississippi, Extension offers Mental Health First Aid, **an 8-hour course** that teaches individuals how better to identify, understand, and respond to signs of mental health problems or crises, such as substance-use disorders.
 - Opioid-use disorder and mental health go hand in hand. Not only is opioid-use disorder a mental health problem, but often individuals try to cope with underlying mental health problems, such as depression or anxiety, with opioids or other substances.
 - MSU Extension offers both Adult and Youth Mental Health First Aid training. Extension has certified instructors strategically placed throughout Mississippi, and Extension agents are trained to provide this support and assistance to the residents they work with. For more information about the training or scheduling a session, please please [contact David Buys](#), State Health Specialist or [Mary Nelson Robertson](#), project coordinator.
- [**Choose Healthy Coping Strategies for Stress**](#)

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Missouri

Farmer Stress Coalition

Farmer Stress Coalition, a partnership among Missouri ag organizations, the Missouri Department of Mental Health and regional/local health departments and healthcare providers, is working to reduce barriers to and the stigma around stress and mental health conversations in Missouri's rural areas and ag community.

Missouri has put federal disaster relief funding to use supporting free, confidential "**Show-Me Hope**" counseling and mental health services in declared disaster area counties. Additionally, Missouri Dept. of Mental Health staff requested assistance preparing their employees to work in rural areas and with farmers.

Resources

Show-Me Hope offers counseling and mental health services in declared disaster area counties. In addition to face-to-face counseling, there also is a hotline and text line in operation.

The **24-hour disaster distress hotline is 800-985-5990**, and individuals can also **text "TalkWithUs" to 66746**. Contact information for additional Show-Me Hope providers:

- Pike - Arthur Center: 573-582-1234
- Boone, Carroll, Chariton and Greene - Burrell Behavioral Health: 417-761-5898
- Cole, Jackson, Lafayette, Lincoln, Miller, Osage, Pulaski and St. Charles Compass Health: 844-853-8937
- Livingston - Department of Mental Health: 573-751-3070
- Andrew, Atchison, Buchanan, Holt and Platte - Family Guidance Center: 816-364-1501
- Jasper - Ozark Center: 417-434-3458

Ag Partners: Missouri Department of Agriculture, FCS Financial, Missouri Soybean Merchandising Council, Missouri Farm Bureau, Missouri Corn Merchandising Council, Learfield-IMG College/Brownfield, Missouri Farmers Care, University of Missouri Cooperative Extension Service – Agrability

Missouri Department of Mental Health

MO Dept Mental Health provides [multiple resources](#) for individuals struggling with stress, anxiety, depression and suicide ideation, in addition to offering resources for friends and loved ones, health care providers, and others.

While these state resources and the following national resources are by no means exhaustive, ASA hopes they will be helpful in seeking qualified professional care.



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National Farm Stress Resources for U.S. and Canada
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- DMH is working to promote help, seeking to prevent suicide among **rural, middle-aged males** – the demographic group most impacted by suicide in Missouri with their **HELPHIMSTAY campaign**. The campaign consists of statewide radio advertisements, billboards, social media advertisements and informational handouts targeted throughout rural Missouri.
 - The campaign directs viewers to www.helphimstay.org, which offers a wealth of resources and educational fact sheets, or to the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).
- Amidst the stress of the current coronavirus crisis, the Missouri Coalition for Community Behavioral Healthcare is offering the **myStrength app, a self-help resource that is available 24/7, is private and confidential**, and provides information and inspiration on multiple topics. myStrength offers content and resources on including Coping Skills During COVID-19, stress management, depression, anxiety, sleep disturbance issues, and more. [Follow this link to register for myStrength.](#)

University of Missouri

The University of Missouri Psychological Services Clinic is offering **teleservices** to help adults and children cope with anxiety and stress related to COVID-19.

- The clinic offers up to five brief sessions through videoconferencing or telephone.
- Clients with insurance coverage who receive services from licensed providers will pay their standard copay. For clients without insurance and clients seen by doctoral student trainees, the fee is \$20 per session. This fee is waived for clients with Medicaid. Need-based fee assistance and scholarships are available.
- Call 573-882-5805 or visit psychology.missouri.edu/psychological-services-clinic for more information or to make an appointment.

The University of Missouri Extension is temporarily waiving fees for its "[Taking Care of You](#)" zoom course to provide support and resources for stress management during this challenging time. All fees for this event will be waived through June 30.

"Taking Care of You" is a multi-session program offering practical strategies and experiences to help you deal with the stress in your life. Sessions begin May 5, 2020.



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Nebraska

Nebraska Rural Response Hotline: 1-800-464-0258

Nebraska Department of Ag

[Department of Ag COVID resources](#)

University of Nebraska

University of Nebraska Extension is raising awareness of farm stress and offering tools and resources to help in response to growing concerns about well-being support for farmers, farm workers, and their families. Extension educators from across Nebraska have compiled a variety of resources for rural Nebraskans [here](#).

- These include information on managing [COVID-19-related stress](#); University of Nebraska Medical Center COVID-19 resources and guidelines; online mental health screenings; and videos, podcasts and other resources to aid Nebraskans in helping their children complete their schoolwork and learning at home.
- [Public Stress Resources](#)

Nebraska State

For help finding suicide prevention resources in your area:

<http://www.suicideprevention.nebraska.edu/>

This is *not* a hotline, but a resource for finding local information that could be helpful for friends and family of those at risk.

Bryan Health

Online Mental Health Screening

- Take a few minutes to take a [free mental health screening](#) to determine if you or someone you care about should connect with a behavioral health professional. This screening is completely anonymous and confidential.

Nebraska Department of Health & Human Services and Interchurch Ministries of Nebraska

Nebraska COMHT, the [Nebraska Counseling, Outreach and Mental Health Therapy Project](#), is funded by the Nebraska Department of Health and Human Services and administrated by Interchurch Ministries of Nebraska. The project's aim is to make **cost-free, confidential mental health crisis counseling available to distressed farm and rural families**. The project seeks to achieve this goal

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through the Rural Response Hotline of Interchurch Ministries of Nebraska with collaborative agreements from mental health providers across Nebraska.

- An individual first calls the **Rural Response Hotline (1-800-464-0258)** and will be given the names and telephone numbers of participating mental health providers from the geographic area the caller requests.
- A voucher is sent to the provider requested, Or, a provider may request the voucher for a client identified as eligible by hotline staff. The individual and/or family will have 30 days to use the voucher at the participating provider of their choice.
- When the caller selects a provider, he/she needs only to identify himself/herself as a COMHT referral and present the voucher at the time of their appointment. The provider can redeem the voucher by sending it to Interchurch Ministries of Nebraska.

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New Jersey (Mid-Atlantic)

NJ Hope Line

This is NJ's peer [support and suicide prevention hotline](#). Specialists are available for confidential telephone counseling and support 24 hours a day, 7 day per week.

Suicide prevention hotline: 855-654-6735

Mental Health Association in New Jersey

- **NJ Mental Health Cares**, the state's behavioral health information and referral service, now offers help to people dealing with anxiety and worry related to the COVID-19 outbreak. New Jersey residents can call **1-866-202-HELP (4357)** for free, confidential support from 8am-8pm, 7 days a week, and messages will be returned. TTY: 1-877-294-4356
- Or, email help@njmentalhealthcares.org
- Response to COVID-19, with links to virtual support and virtual learning [here](#).

NJ Department of Human Services

- **For mental health information and referrals, call toll-free (800) 382-6717**
Find a screening and/or treatment center [here](#).
- The Division of Mental Health and Addiction Services, in collaboration with the Division of the Deaf and Hard of Hearing, offers a videophone helpline for individuals who are deaf and/or hard of hearing to access emotional support during the COVID-19 pandemic. Individuals who are deaf and/or hard of hearing can call **973-870-0677 VP**, Monday to Friday from 9:00 am to 5:00 pm.

Northeast Extension Risk Management Education

NERME has a [Farm Stress Management](#) page with helpful resources for farmers and ranchers, including the [Healthy Farms, Healthy Minds brochure](#).



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New York

Cornell University & New York Farm Net

The [NY Farm Net](#) was founded in 1986 by the College of Agriculture and Life Sciences at Cornell University to [help](#) NY State farms through periods of transition, opportunity, or challenge by providing free, confidential, on farm consulting services.

- [Farm Stress Management](#)
- [Identifying Signs of Stress in Farm Families](#)
- [How Farmers Can Cope with Stress](#)
- [Managing Stress in Unprecedented Times](#)

NYC Warm Line

If you find that you are very lonely and do not have people to reach out to, a **warm line** might be useful. Warm lines are hotlines that you can call to speak with someone. You do not need to be experiencing a “crisis” to call/text a warm line. Your call/texting session might be brief; be prepared to wait “on hold.”

If you are calling from NY or anywhere in U.S.:

- Call: 1-888-NYC-WELL
- Text “WELL” to 65173
- Chat online: <https://nycwell.cityofnewyork.us/en/>
- Services are open 24/7

New York State Office of Mental Health

New York State Emotional Support Helpline: **1-844-863-9314**

- The Emotional Support Helpline provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Helpline is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.

Northeast Extension Risk Management Education

- NERME has a [Farm Stress Management](#) page with helpful resources for farmers and ranchers, including the [Healthy Farms, Healthy Minds brochure](#).

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North Carolina

Optum

Optum 24-hour Helpline 866-342-6892

Optum offers a toll-free 24-hour Emotional Support Help Line for people who may be experiencing anxiety or stress.

North Carolina Department of Health and Human Services

If you need support, the following [resources](#) are available:

- **The Hope4NC Helpline** (1-855-587-3463) connects North Carolinians to additional mental health and resilience supports that help them cope and build resilience during times of crisis.
- **The Hope4Healers Helpline** (919-226-2002) is a new initiative in partnership with the North Carolina Psychological Foundation. It provides mental health and resilience supports for health care professionals, emergency medical specialists, first responders, other staff who work in health care settings and their families throughout the state who are experiencing stress from being on the front lines of the state's COVID-19 response.
- The [NC DHHS COVID-19 Response page](#) has additional resources to help [manage your mental and overall health](#) during the COVID-19 pandemic.

North Carolina Agromedicine Institute

- The [NC Agromedicine Institute](#) aims to promote the health and safety of farmers, fishermen, foresters, their workers and their families through research, prevention/intervention, and education/outreach.
- It is working to target farm stress and pair farmers with resources to help them tackle issues of anxiety or depression. Learn more [here](#), and find more information on programs and resources on the NCAI website.
- The Institute is a University of North Carolina inter-institutional institute whose partners are East Carolina University, North Carolina State University, and North Carolina Agricultural and Technical State University.
- [Farmer Stress Resource Directory](#)

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North Dakota

ND Mental Health Association

North Dakota 24/7 Help Line: Dial 211 or 800-472-2911

Village Family Center

[Village Family Center](#) offers telehealth services in mental health, addiction treatment and financial counseling. Request an appointment [here](#).

Mental Health America

MHA of North Dakota offers free mental health screening tools [here](#).

Abound Counseling

[Abound Counseling LSS-ND](#) offers counseling/therapy services throughout ND. Several of Abound's therapists have *personal backgrounds in agriculture* and want to serve families involved in agriculture. Counseling services can be provided in-person or also through telehealth counseling which can reach most areas of the state. Counseling services are paid for through health insurance. Abound also offers a Charitable Care Program to assist with payment for individuals without health insurance. Call (701) 223-1510 or connect [online](#).

North Dakota State University

- [Farm Stress Fact Sheets](#) including [downloadable PDF](#). Find stress management tips for controlling events, attitudes, and responses to stress
- [Coronavirus Resource Page](#) from NDSU Extension
- [You, Your Health and Response to Rural Stress 2020](#)
- [Preventing Farmer Suicide: Collaboration and Communication](#)
- [Podcast: Dealing with Stress on the Farm](#)
- [Four Key Coping Priorities in Managing Farm Stress](#)
- [Stress Warning Signs and Coping Resources in Farming and Ranching](#)

Resources from other organizations:

[Resources for Farmers & Ranchers](#) from North Dakota Department of Human Services
[Resource and Media Center](#) from North Dakota Prevention
[ND Suicide Prevention from Behavioral Health and Human Services](#)

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Ohio

Crisis Text Line

Help is available 24/7 from trained crisis counselors with this free, confidential service by **texting 4HOPE to 741741**.

Ohio Department of Health

For C-19-specific questions, [Call 1-833-4-ASK-ODH](#)

The Call Center is staffed from 9 am to 8 pm each day, including weekends.

The Ohio State University

Farm Stress tools:

- [General Resources Page](#)
- [For individuals](#)
- [For people serving the farm community](#)

Ohio Department of Mental Health and Addiction Services

Available in every county of the state. [Information here](#)

Find mental health [service providers here](#).

Ohio Department of Agriculture

Ohio Dept. of Ag has your back when it comes to farm stress. Check out the Department's [Got Your Back](#) portal for helpful resources and means to seek help. The site has diverse resources for stress management geared to men, women, and young adults:

- [Man Therapy](#): Man therapy is an engaging online resource that provides stress management tips for working-aged men.
- [Cultivating Resiliency for Women in Agriculture](#): This interactive online series helps women in agriculture cultivate resiliency by focusing on what they can control in these challenging times and connecting them with resources that can help them weather stress.
- [Teens and Young Adults](#): Teens and young adults face unique challenges as they move from childhood to adulthood and independence. There is help and support available to you as you navigate this time in your life.

Upper Midwest Agricultural Safety and Health Center (UMASH)

Stress, depression, and suicide are on the mind of agricultural communities, where economic, social, and environmental forces challenge the health and safety of farmers, agricultural workers and their families. UMASH [Mental Health Resources](#) are designed to help those in need.

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Oklahoma

OK Department of Mental Health & Substance Abuse

OK 24/7 Reach Out Hotline 1-800-522-9054

Reach-Out is the ODMHSAS's 24-hour toll free information and referral hotline. A resource for all Oklahomans, Reach-Out is there for individuals in a crisis and for those who simply want information. All calls are free and confidential.

Heartline Oklahoma

- Call [2-1-1](#) or text your zip code to [898-211](#). Note, some 211 services are slower during C-19.
- If you'd prefer to chat online about how to meet a need for you or your family, [WE'RE HERE](#).
- [HeartLine](#) connects Oklahomans to help, hope and information – 24 hours a day. As Oklahoma's suicide-prevention experts and 24-hour crisis contact center, Heartline operates a comprehensive support system structured to effectively bring resources and compassionate, nonjudgmental support to Oklahomans in need and to prevent suicide in our communities.

Oklahoma Farm Bureau

- Farm Bureau [Stress & Mental Health Resources](#)

ARF/OFU Farm Stress Management Team

- Members of the American Farmers and Ranchers (AF)/Oklahoma Farmers Union (OFU) [Farm Stress Management Team](#) are fellow Oklahomans who understand the unique challenges of production agriculture. They've ridden market highs and lows, dreaded calls to the bank, and wondered how they were going to make it through another year. They've been where you've been.
- If you or someone you know is **dealing with these issues, please call 405-218-5991**. You'll reach a live person who has dealt with agriculture's ups and downs and is ready to help. If your situation is immediate or dire, please call the National Suicide Hotline at 800-273-8255.
- **Farm Stress Course**
 - As part of the 2020 Farm Stress Management initiative, National Farmers Union is partnering with other national farm organizations to provide an **online course** that will help family members, friends and neighbors address the farm stress crisis in their communities.
 - The course focuses on the skills needed to understand the sources of stress, learn the warning signs of stress and suicide, identify effective communication strategies, reduce

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- stigma related to mental health concerns and connect farmers and ranchers with appropriate mental health and other resources.
 - Course participants will learn to:
 - Understand sources of stress
 - Recognize warning signs of stress and suicide
 - Identify effective communication strategies
 - Reduce stigma related to mental health concerns
 - Connect farmers and ranchers with appropriate resources
 - The course is available to all AFR/OFU members at no cost. Find info here:
https://www.canr.msu.edu/managing_farm_stress/rural-resiliency-online-course-nfu
- **Louisiana Interchurch Conference (LIC)**
Phone: 225.344.0134
Contact: Dan Krutz
Email: lainterchurch@aol.com
Website: <http://www.lainterchurch.org>
Resource Description: LIC is a statewide association of churches representing 15 denominations. The LIC strives to foster greater visible Christian unity through common worship, study and social outreach. Financial, educational and counseling services are available to farmers through this office. Service area includes Oklahoma.

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Pennsylvania (Mid-Atlantic)

PA Crisis Text Line

Text PA to 741741 24/7 for help.

PA Department of Health

The PA Department of Health issued a "[Coping with COVID-19 Concerns](#)" to prepare residents for protecting their mental health, as it is an integral and essential component of health.

[Pennsylvania Behavioral Health Websites](#) (Listed by County)

[Crisis Intervention Contacts](#) by County

Penn State Extension

Penn State Extension has created a document to **help farms develop plans in response to C-19**. This resource can be found [here](#). Encourage your members to take steps now to develop a farm plan for this virus, and to communicate that plan on a regular basis with all who live and work on their farm. This situation is changing daily, so we also encourage repeated conversations over the coming weeks. More info and resources related to C-19 can be found here:

<https://extension.psu.edu/coronavirus>

Additionally, Penn State Extension has developed an online resource guide with printable information for producers facing mental health and stress issues: [Mental Health and Stress for Agricultural Producers](#)

Northeast Extension Risk Management Education

NERME has a [Farm Stress Management](#) page with helpful resources for farmers and ranchers, including the [Healthy Farms, Healthy Minds brochure](#).



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South Carolina

[Suicide.org](#)

County by county [South Carolina Suicide Hotlines](#)

[SC State Government Resources](#)

833-DMH-CCRI or 833-364-2274 – CCRI Access Line - 24/7 crisis response and intervention team help

The [Community Crisis Response and Intervention Access Line](#) (SC DMH CCRI) is offered free by SC Dept. of Mental Health and provides a 24/7 mental health through the crisis hotline telephone or in-person crisis intervention (based on assessed needs) and referrals to the appropriate level of care (outpatient, inpatient, etc.). <mailto:ccri@scdmh.org>

- [South Carolina Mental Health Clinics by County](#)
- [South Carolina 211](#) Information on C-19, mental health and substance abuse, health care, and more.

[Rural Health Services](#)

Rural Health Services offers [Behavioral Health Services](#).

Find a location and contact information [here](#).

[SC Department of Mental Health](#)

[Resources to Help Cope with Coronavirus](#)

[Clemson University](#)

- Clemson Cooperative Extension offers a [Farm Stress Management](#) page with tips and resources, including local resources.
- Downloadable [Farm Stress Management](#) pdf
- Check [this page](#) regularly for upcoming Mental Health First Aid, National Certificate Program Workshop opportunities or contact information to express interest.

[East Carolina University](#)

Scroll down the [Farm Stress resources page](#) for information on stress, current farm issues, their scope and effects.

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South Dakota

Avera Health Services

- For 24/7 support, call the **Farm and Rural Stress Hotline** at **1-800-691-4336** or the **National Suicide Hotline** at **1-800-273-8255**.
- The Farm and Rural Stress Hotline is available to farmers, ranchers, residents of rural communities, and their families.
- When you call, an online operator will take inventory of your needs and direct you to local mental health care, which may include talk therapy and/or medication management. You can call anonymously, and your insurance will not be notified.

South Dakota State University

[Farm Stress Page](#) from SDSU Extension

South Dakota Suicide Prevention

- Access [SDSP](#) for targeted resources, including C-19's effects on mental health.
- Resources for suicide prevention help on SDSP [here](#), including Lifeline chat.

Helpline Center

- The [Helpline Center](#) produces annual **resource guides** listing behavioral health providers to help with professional, emotional and personal stressors in the [Sioux Falls Mental Health Guide](#) and the [Black Hills Mental Health Resource Guide](#).
- You can also access the [211 Database](#) from the Helpline Center in order to search for resources. The 211 database is a central access point for information and referrals on nonprofit, social service and government agencies in South Dakota. The database contains more than 10,000 social, governmental, non-profit and faith-based services available across South Dakota.

South Dakota Council of Mental Health Centers

- Offering counseling services, adult therapy groups and educational workshops. [Learn more.](#)
- Find [South Dakota Community Mental Health Centers](#)

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Texas

Texas Health and Human Services

To find mental health services in your area, visit the TX [HHS website](#). You can call the referral line of the local mental/behavioral health authority in your area for confidential help 24/7.

Local **Texas Crisis Lines** can be found [here](#).

University of Texas at Austin-Counseling and Mental Health Center

[Tips for Stress Management](#)

[Help for Managing Stress](#)

Texas A&M AgriLife Extension

[Resource for farmers and farm families](#) regarding mental health

Download a printer-friendly version: [Farm Families and Mental Health](#)

Louisiana Interchurch Conference (LIC)

Phone: 225.344.0134

Contact: Dan Krutz

Email: lainterchurch@aol.com

Website: <http://www.lainterchurch.org>

Resource Description: LIC is a statewide association of churches representing 15 denominations.

The LIC strives to foster greater visible Christian unity through common worship, study and social outreach. Financial, educational and counseling services are available to farmers through this office. Texas is within the service area.

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Virginia

[Virginia Department of Agriculture](#)

Dept. of Ag. [Farmer Stress Brochure](#)

[Virginia Tech & VA State Cooperative Extension](#)

Downloadable [Suggestions for Coping with Stress](#)

[Virginia Department of Behavioral Health & Developmental Services](#)

How to Get Help for Mental Health Issues

Virginia's community services boards (CSBs) are the primary point of entry into the Commonwealth's public behavioral health and developmental services system. CSBs provide treatment for mental health issues, substance use and addiction, and intellectual and developmental disabilities. There is a CSB that serves every county and city in the state. To locate the CSB nearest to you, [click here](#). You can also visit the federal Substance Abuse and Mental Health Services Administration (SAMHSA) treatment locator website at <https://findtreatment.samhsa.gov/>. On that page, you can search for providers by zip code.

[Virginia Farm Bureau](#)

Visit the [Farmer Resources](#) page and click the "Managing Stress and Safety" tab.



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Wisconsin

National Alliance on Mental Illness (NAMI), Wisconsin

Crisis and Suicide Prevention Lifelines: 800-273-TALK (8255) or 800-SUICIDE (784-2433)

The NAMI Information HelpLine is an information and referral service that can be reached by calling **800-950-NAMI (6264)** Monday through Friday, 10 a.m.- 6 p.m., EST.

Prevent Suicide Wisconsin

County Crisis Lines: <https://www.preventsuicidewi.org/county-crisis-lines>

North Central Health Care

800-799-0122 - Toll-Free call connecting to Crisis Support in the Marathon, Langlade, Lincoln Counties.

715-845-4326 - Connecting to Crisis Support in Marathon, Langlade and Lincoln Counties.

TDD 715-845-4928 - For those with hearing or speech difficulties.

Department of Agriculture, Trade and Consumer Protection

The [Wisconsin Farm Center](#) provides information and support to farmers and their families in order to help grow Wisconsin's agricultural economy. The Center partners with industry groups, government and educational entities, and other stakeholders in the agriculture sector.

Wisconsin Farm Center Warm Line: 800-942-2474

Available 7:45 a.m. to 4:30 p.m., weekdays.

You can also contact the Farm Center by email farmcenter@wisconsin.gov

Farm Center Resource Pages:

- [Counseling Voucher Program](#): This program provides access to free, confidential mental health counseling services to Wisconsin farm families.
- [Financial Counseling](#): The Wisconsin Farm Center has financial experts who are trained in a wide range of farm-related subject areas. They can provide assistance with feasibility analysis, enterprise analysis, along with restructuring and cash flow projections. These experts can personally assist you and answer your specific questions. They can also provide you with useful resources. 800-942-2474 or 608-224-5049

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Marshfield Clinic Research Institute

- Call 800-662-6900 or 715-389-4999
- C-19 Resources: [Click here for resources for farmers, parents, and teachers in the agricultural sector](#)

University of Wisconsin-Madison

- The University has a [Farm Stress section](#) with pages of farm-specific resources and tips for stress management, communicating in times of stress, how stress affects the brain and body, the future of your farm, and more.
- Access this page for specific information [Resilient Farms, Families, Businesses & Communities: Responding to Stress](#). There, you can download the [Resilient Farms, Families, Businesses & Communities](#) PDF on how to manage and break the cycle of chronic farm stress
- For families and those experiencing stress, read [Communicating in Times of Stress](#) for good tips to stay healthy and helpful.

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National Emotional Wellbeing Resources

There is an array of national resources—both general and specifically for farmers and farm families—available to address emotional concerns ranging from temporary stress or ongoing struggles with anxiety to depression and thoughts of suicide.

Most of these resources have multiple language and disability options. Some are specific to COVID-19 and how the pandemic has increased instances of or worsened levels of stress. There are resources for people currently struggling with emotional issues and for their friends and family to understand how and where to seek help.

Almost all states have additional local and regional resources available, including in many instances information on telehealth options, links to financial resources, and contacts with local government offices that may be able to assist with farm operation issues, including aid options.

Below, please find national help options, including urgent needs. While this list and those of the state resources are by no means exhaustive, ASA hopes they will be helpful in seeking qualified professional care.

National Resources - General

American Foundation for Suicide Prevention

The AFSP has call, text, and chat options available if you are feeling alone or struggling.

- **National Suicide Prevention Lifeline:** call 1-800-273-8255 (TALK) 24/7, text TALK to 741741
-or- <https://suicidepreventionlifeline.org/chat/> to chat
- **Crisis Text Line.** Those who are uncomfortable with speaking on the phone can text TALK (or any opening word) to **741741** to speak with a trained crisis counselor at [Crisis Text Line](#).

Mental Health America

- [MHA](#) is a community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all Americans.
- Take the MHA **3-minute screening tool and progress monitor for depression, anxiety, PTSD and bipolar disorder.** [GET STARTED](#)
- Check out their **sharable coronavirus toolkit**, which can be found at [virusanxiety.com](#) and offers a wealth of research-backed and helpful tools for you—articles, meditations, access to mental health experts, anxiety screenings, and more. The MHA toolkit is in conjunction with **Shine**, an award-winning [app and community](#) that can also help you struggle less with anxiety.

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- Access the MHA [support community](#) through Inspire, which enables individuals to connect on a variety of issues and topics related to mental health.
- Skim resources for finding therapy [here](#).

[Substance Abuse and Mental Health Services Administration](#) of the U.S. Department of Health & Human Services

- SAMHSA's **National Helpline** [1-800-662-HELP \(4357\)](#) or TTY: [1-800-487-4889](#) for deaf, speech impaired, hard of hearing - is known as the Treatment Referral Routing Service. This Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.
- Again, the **National Suicide Prevention Lifeline** [1-800-273-TALK \(8255\)](#) TTY: [1-800-799-4889](#) is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in the national network of more than 150 crisis centers.
- **Veteran's Crisis Line** [1-800-273-TALK \(8255\)](#) TTY: [1-800-799-4889](#) connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat or text.
- Find treatment in your area [here](#) with the Behavioral Health Treatment Services Locator.

Questions about Counseling

- **Do I need counseling?**

[When do you need a counselor?](#) Revised and adapted from Iowa State University Cooperative Extension Service by University of Wyoming Extension.

- **I would like to find a counselor. Where and how do I find help?**

Call 1-800-SUICIDE (1-800-784-2433) for a live, trained person to talk with 24/7 or to find local resources. Other options to find a counselor:

<http://www.therapistlocator.net>
<https://www.psychologytoday.com>
http://www.networktherapy.com/directory/find_therapist.asp
<http://therapists.americanmentalhealth.com/therapist>

- **How do I know if my insurance covers counseling?**

[Important Questions for Your Therapist & Insurance Carrier](#) from [Anxiety & Depression Association of America](#)

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Farm Stress Resources by Soy State
National Farm Stress Resources for U.S. and Canada
May 1, 2020
#SoyHelp

National Resources - Farm Specific

Avera Health Farm and Rural Stress Hotline

Farm & Rural Stress Hotline: 800-691-4336

Farmers, ranchers, and people who live in rural communities can call 1-800-691-4336 24 hours a day. The call is free and confidential. The hotline is staffed by trained assessment counselors who put callers in touch with local mental health resources.

National Farmers Union Farm Crisis Center

The [NFU Farm Crisis Center](#) offers national and local resources to farmers, including disaster, drought, and mediation resources.

Rural Health Information Hub

The RHIhub is designed to serve both as an introduction to rural response to farmer mental health and suicide prevention and as a reference that collects “best of the best” resources: documents, organizations, tools, funding opportunities, news items, events, and program examples.

<https://www.ruralhealthinfo.org/topics/farmer-mental-health>

Man Therapy—Because you can't just rub dirt on your feelings

Working age men are least likely to seek or receive mental health care. They do not talk about it with their friends and they do not share it with loved ones. Man Therapy® gives men the resources they desperately need to face the perils life puts in front of them. The website includes videos covering manly ways to address everything from addictions to anxiety to suicide. There are live chat and phone crisis lines where men listen to men. To learn more about Man Therapy®, visit mantherapy.org.

Farm Bureau

- Farm Bureau's [Rural Resilience](#) campaign is combining with [Farm State of Mind](#), which FB acquired from Bayer in early 2020.
- Follow **#FarmStateofMind** on Facebook and Twitter, and check in regularly on the Farm Bureau website for new resources.

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- As any farmer or rancher can tell you, farm life can be demanding and stressful. It's even tougher now with trade wars, natural disasters, depressed commodity prices, labor shortages and many other issues weighing heavily on the farm economy. Given these challenges, more and more farmers today are experiencing stress and mental health issues, either directly or by having a friend or family member in distress.
- Farm State of Mind is an initiative to raise mental health awareness among the farming community, reduce stigma surrounding the topic of mental health in rural communities, and provide relevant information to farm families on this important topic.
- Some of the Bayer products offer consolidated links to Farm State of Mind Resources. For instance, [Acceleron's Stress Management Library](#) offers concise and helpful resources for managing stress, anxiety, and depression, along with links to mental health organizations, connection lines, ideas for supporting others in your community, and ways to approach mental health conversations. Here is another great link from Acceleron: [Tips and Resources for Taking Care of Your Mental Health](#)

Farm Aid

- Farm Aid Farmer Hotline: 1-800-FARM-AID
- If you need to talk to someone directly, Farm Aid is there to listen. You can call their farmer hotline at 1-800-FARM-AID (1-800-327-6243) or reach them by email at farmhelp@farmaid.org.
- Your information will be kept confidential.
- Farm Aid's online [Farmer Resource Network](#) connects farmers to an extensive network of organizations across the country that help farmers find the resources they need to access new markets, transition to more sustainable and profitable farming practices, and survive natural disasters.
- About: Yes, this is the same Farm Aid you may recall pitching in during the 1980s farm crisis. Willie Nelson, Neil Young and John Mellencamp organized the first Farm Aid concert in 1985 to raise awareness about the loss of family farms and to raise funds to keep farm families on the land. Dave Matthews also joined the Farm Aid Board of Directors in 2001. 30 years later, Farm Aid has raised \$57 million to promote a strong and resilient family farm system of agriculture. Farm Aid is a nonprofit organization whose mission is to keep family farmers on the land. Along with producing great music to support farms, Farm Aid supports the emotional wellbeing of farmers and farm families through online resources and its call line.

Ag State of Mind weekly podcast with farmer Jason Meadows

- Empathy can often be the best form of medicine, so tune in to Jason's weekly podcast to hear from a farmer who understands farm stress.

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- “Ag State of Mind with Jason Medows” podcast is available on the Global Ag Network at <https://globalagnetwork.com/ag-state-of-mind-with-jason-medows/>
- Participate in the conversation on Jason’s blog at <https://agstateofmind.health.blog/> or on Facebook, Instagram or Twitter @AGStateofMind1.
- Jason Medows is a pharmacist at Phelps Health in Rolla, Mo., and the owner-operator of a 700-acre cattle ranch in Cuba, Mo. The drought of 2012 and its impact on beef prices took more than a toll on Jason’s farm finances in 2013. Depressed and suffering from severe anxiety, he reached out for help through online support communities, and he began exercising and actively working to improve his mental health. With help from others, he realized his legacy was his wife and four sons, not a 700-acre parcel of land. But Jason wanted to do more. Combining his unique experience and perspectives in health care and agriculture with his personal struggles with anxiety and depression, Jason decided to take action to help his fellow agricultural producers begin a conversation about mental health on the farm. He decided to start yet a third career as a prolific blogger and podcaster on mental health in the agricultural community. His goal was initiating a cultural shift that would enable farmers and ranchers to discuss mental health as openly as they might converse on weather, feeder cattle futures, corn prices, high school sports or the upcoming county fair. According to Jason, “I believe this is a lofty goal. However, we have to begin the conversation. We have to make this a normal part of our dialogue.”

National Young Farmers Coalition

[COVID-19 Resources](#)

Agricultural Producers & Stress Series and other resources

This series, adapted from Iowa State University Cooperative Extension Service by Extension staff at University of Wyoming, is not new but still offers timely information:

- [B-1124.1](#) Agricultural Producers and Stress: The Importance of a Healthy Attitude
- [B-1124.2](#) Agricultural Producers and Stress: When Do You Need a Counselor?
- [B-1124.3](#) Agricultural Producers and Stress: Eating and Activity for Health and Pleasure
- [B-1124.4](#) Agricultural Producers and Stress: Identifying Stress on the Ranch and Farm
- [B-1124.5](#) Agricultural Producers and Stress: Learning to Relax
- [B-1124.6](#) Agricultural Producers and Stress: Finding Your Team of Experts

[Farm and Ranch Family Stress and Depression: A Checklist and Guide for Making Referrals](#) from Colorado State University Extension Program

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National Resources - COVID-19/Coronavirus Specific

Infectious disease outbreaks such as COVID-19, as well as other public health events, can cause emotional distress and anxiety. Feeling anxious, confused, overwhelmed or powerless is common during an infectious disease outbreak, especially in the face of a virus with which the general public may be unfamiliar. These feelings of distress and anxiety can occur even if you are not at high risk of getting sick.

Substance Abuse and Mental Health Services Administration

Stress, anxiety, and other depression-like symptoms are common reactions after any natural or human-caused disaster. Call this toll-free number to be connected to the nearest crisis center for information, support, and counseling.

Disaster Distress Helpline [1-800-985-5990](#)

The national Disaster Distress Helpline is available to anyone experiencing emotional distress related to COVID-19. **Call 1-800-985-5990 or text TalkWithUs to 66746 to speak with a caring counselor.**

- When you call or text, crisis counselors will listen to what's on your mind with patience and without judgment. Learn about the common warning signs and risk factors for emotional distress that children, adults, and first responders often experience.
- [Warning Signs & Risk Factors](#)
- To connect with a live DDH crisis counselor 24/7 via SMS from the 50 states, text "TalkWithUs" for English or "**Hablanos**" for Spanish to **66746**.
- [More Information & Help Options from SAMHSA](#)

Centers for Disease Control (CDC) and Ready.gov

- [Taking Care of Your Emotional Health](#)
[Managing Stress & Anxiety](#)
[Recognizing Signs of Disaster-Related Stress](#)

COVID Coach App

U.S. Department of Veterans Affairs [National Center for PTSD](#) just released the [COVID Coach app](#). COVID Coach is designed to help build resilience, manage stress, and increase well-being during this crisis. The app is free and secure, and it helps connect users to important resources for coping and adapting during the COVID-19 pandemic. For more information click [here](#). *The Android version is pending release and should be available soon.*

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American Foundation for Suicide Prevention

The AFSP has call, text, and chat options available if you are feeling alone or struggling.

- **Crisis Text Line.** Text HOME (or any opening word) to 741-741 to speak with a trained crisis counselor at [Crisis Text Line](#), including COVID-specific concerns.
- [Taking Care of Your Mental Health in the Face of Uncertainty](#)

Farm Aid

- If you've been affected by COVID, you can check out the Farm Aid [resources page](#) for up-to-date information on national and local resources available to farmers.
- If you need to talk to someone directly, Farm Aid is there to listen. You can call their farmer hotline at 1-800-FARM-AID (1-800-327-6243) or reach them by email at farmhelp@farmaid.org.

Farmers' Legal Action Group

- Farmers' Legal Action Group is a nonprofit law center dedicated to providing legal services and support to family farmers and their communities to help keep family farmers on the land.
- FLAG posts regular updates on how various government programs can provide relief to farmers
- [Farmers' Guide to COVID-19 Relief April 2020](#)

National Young Farmers Coalition

[COVID-19 Resources](#)

PsychHub

[PsychHub](#) has teamed up with the nation's most credible mental health organizations to collaborate on a free resource hub to help people address their mental health needs during the COVID-19 pandemic.

- [Individuals](#)
- [Veterans](#)
- [Employers](#)

Center for the Study of Traumatic Stress

- [Managing Family Conflict While Home During COVID-19: Intimate Partners](#)
- [Tips for Coping when Quarantined with COVID-19 Family Members](#)

Walter Reed Army Institute of Research (WRAIR)

- [Behavioral Health Resources for COVID-19](#)
- [Rapid Peer-Based Management of Acute Stress Reactions \(iCOVER MED\)](#)

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Other Resources and Articles

- [Combat stress, boost well-being while sheltering in place](#) from University of Georgia
- [Coronavirus Anxiety: Coping with Stress, Fear, and Worry](#) from [HelpGuide](#)
- [Tips & Resources for Self-Care During & After Disaster](#) from [Suicide Prevention Lifeline](#)
- [Taking Care of Your Mental Health in the Face of Uncertainty](#) from [American Foundation for Suicide Prevention](#)

Addressing Fears and Worry

It is common to feel increased worry and fear in response to health crises. Often, the uncertainty regarding what will happen can increase fears and worry. Below are some resources to help manage stress.

If you find that your worry leads to feeling that you may hurt yourself or others, call 911. For everyone:

- [How to cope with coronavirus anxiety](#)
- [Self-help Brochures](#)
- [Coping with stress during an infectious disease outbreak](#)
- [Taking Care of Your Behavioral Health during an Infectious Disease Outbreak](#)
- [Coping with a Disaster or Traumatic Event](#)

Know the warning signs of stress

Physical signs include headaches, back and neck muscle aches, fatigue, labored breathing, weight gain, rising blood pressure, stomach issues, and sweating.

Emotional signs include anger, restlessness, irritability, inability to sleep and relax, increased alcohol or drug use, and withdrawal from others.

- Slow down
- Get a physical checkup
- Seek local resources, including clergy, medical professionals, or others
- Talk with other farm families and neighbors
- Exercise daily
- Take regular breaks throughout the day



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Canada

Canada has several crisis and support lines, along with other resources.

Crisis Services Canada

For suicide prevention and support visit [Crisis Services Canada](#) or, for more urgent needs,
CALL 1-833-456-4566 or TEXT 45645

Note, *texting response is less frequent due to C-19, so please call the hotline for immediate response*

For COVID resources: [COVID-19 Resources](#)

Crisis Text Line

Canada citizens can also contact the Crisis Text Line
Text HOME to 741741 to connect with a Crisis Counselor
Free 24/7 support at your fingertips in both the U.S. and Canada

Tips and resources for [Dealing with Coronavirus](#)

Other CAN Resources for Anxiety and Mental Health Concerns

- [Centre for Addiction and Mental Health: Mental health and the COVID-19 Outbreak](#)
 - [Dealing with problems in a structured way: Coping with stress and anxiety during the COVID-19 pandemic](#)
 - [Challenging worries and anxious thoughts: Coping with stress and anxiety during the COVID-19 pandemic](#)
- [Canadian Mental Health Association offers tips to support mental health amid concerns of COVID-19 pandemic](#)
 - [6 tips to respond to employee anxiety about COVID-19](#)
 - [Pandemic pushing your anxiety buttons?](#)
- [Centers for Disease Control and Prevention: Manage anxiety and stress during infectious disease outbreak](#)
- [Tips on how to manage COVID-19 related anxiety](#)
- [Coping with stress during the COVID-19 outbreak](#)

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