



Farm Stress Resources by Soy State
National Farm Stress Resources for U.S. and Canada
May 1, 2021

#SoyHelp

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](#).

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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University of Delaware

Since 1869, UD [Cooperative Extension](#) has brought university knowledge and resources to the people of Delaware.

- **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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