



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

#SoyHelp

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. Read more about the Illinois warm line [here](#).

If you are calling from within the state of Illinois:

Illinois warm line:

Call: 1 (866) 359-7953

TTY: 1 (866) 880-4459

Monday-Friday, 8am-5pm

Illinois Farm Bureau

Visit IFB’s [Mental Health & Wellness page](#) for resources including finding a mental health provider and wellness tools.