



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

#SoyHelp

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**.

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.