



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

#SoyHelp

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](#)

Mental Health America of Kentucky

[Info and 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

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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- 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 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](https://www.kentuckysuicideprevention.org/), along with national suicide hotline and chat options.
<https://www.kentuckysuicideprevention.org/>