



Farm Stress Resources by Soy State
National Farm Stress Resources for U.S. and Canada
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#SoyHelp

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.

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.