



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

**#SoyHelp**

## **Mississippi**

### Mississippi Department of Mental Health

**Helpline: 1-877-210-8513**

Individuals also can search for mental health providers near them at:

<http://msdmh.ongovcloud.com/public>

### Mississippi State Medical Association

The MS State Medical Assn. is implementing a social media campaign, #MentalHealthMondays. They are launching a four-part series focused on mental health & COVID-19 featuring Dr. Katherine Pannel. Watch [here](#).

### Mississippi State University's Extension

- **[“Farm Stress” Initiative](#)**
- **Mental Health First Aid Course**
  - For adults in rural Mississippi, Extension offers Mental Health First Aid, **an 8-hour course** that teaches individuals how better to identify, understand, and respond to signs of mental health problems or crises, such as substance-use disorders.
  - Opioid-use disorder and mental health go hand in hand. Not only is opioid-use disorder a mental health problem, but often individuals try to cope with underlying mental health problems, such as depression or anxiety, with opioids or other substances.
  - MSU Extension offers both Adult and Youth Mental Health First Aid training. Extension has certified instructors strategically placed throughout Mississippi, and Extension agents are trained to provide this support and assistance to the residents they work with. For more information about the training or scheduling a session, please please [contact David Buys](#), State Health Specialist or [Mary Nelson Robertson](#), project coordinator.
- **[Choose Healthy Coping Strategies for Stress](#)**

*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.*