



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

#SoyHelp

Missouri

Farmer Stress Coalition

Farmer Stress Coalition, a partnership among Missouri ag organizations, the Missouri Department of Mental Health and regional/local health departments and healthcare providers, is working to reduce barriers to and the stigma around stress and mental health conversations in Missouri's rural areas and ag community.

Missouri has put federal disaster relief funding to use supporting free, confidential **"Show-Me Hope"** counseling and mental health services in declared disaster area counties. Additionally, Missouri Dept. of Mental Health staff requested assistance preparing their employees to work in rural areas and with farmers.

Resources

Show-Me Hope offers counseling and mental health services in declared disaster area counties. In addition to face-to-face counseling, there also is a hotline and text line in operation.

The **24-hour disaster distress hotline is 800-985-5990**, and individuals can also **text "TalkWithUs" to 66746**. Contact information for additional Show-Me Hope providers:

- Pike - Arthur Center: 573-582-1234
- Boone, Carroll, Chariton and Greene - Burrell Behavioral Health: 417-761-5898
- Cole, Jackson, Lafayette, Lincoln, Miller, Osage, Pulaski and St. Charles Compass Health: 844-853-8937
- Livingston - Department of Mental Health: 573-751-3070
- Andrew, Atchison, Buchanan, Holt and Platte - Family Guidance Center: 816-364-1501
- Jasper - Ozark Center: 417-434-3458

Ag Partners: Missouri Department of Agriculture, FCS Financial, Missouri Soybean Merchandising Council, Missouri Farm Bureau, Missouri Corn Merchandising Council, Learfield-IMG College/Brownfield, Missouri Farmers Care, University of Missouri Cooperative Extension Service – Agrability

Missouri Department of Mental Health

MO Dept Mental Health provides [multiple resources](#) for individuals struggling with stress, anxiety, depression and suicide ideation, in addition to offering resources for friends and loved ones, health care providers, and others.

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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- DMH is working to promote help, seeking to prevent suicide among **rural, middle-aged males** – the demographic group most impacted by suicide in Missouri with their **HELPHIMSTAY campaign**. The campaign consists of statewide radio advertisements, billboards, social media advertisements and informational handouts targeted throughout rural Missouri.
 - The campaign directs viewers to www.helphimstay.org, which offers a wealth of resources and educational fact sheets, or to the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).
- Amidst the stress of the current coronavirus crisis, the Missouri Coalition for Community Behavioral Healthcare is offering the **myStrength app, a self-help resource that is available 24/7, is private and confidential**, and provides information and inspiration on multiple topics. myStrength offers content and resources on including Coping Skills During COVID-19, stress management, depression, anxiety, sleep disturbance issues, and more. [Follow this link to register for myStrength.](#)

University of Missouri

The University of Missouri Psychological Services Clinic is offering **teleservices** to help adults and children cope with anxiety and stress related to COVID-19.

- The clinic offers up to five brief sessions through videoconferencing or telephone.
- Clients with insurance coverage who receive services from licensed providers will pay their standard copay. For clients without insurance and clients seen by doctoral student trainees, the fee is \$20 per session. This fee is waived for clients with Medicaid. Need-based fee assistance and scholarships are available.
- Call 573-882-5805 or visit psychology.missouri.edu/psychological-services-clinic for more information or to make an appointment.

The University of Missouri Extension is temporarily waiving fees for its **“Taking Care of You”** zoom course to provide support and resources for stress management during this challenging time. All fees for this event will be waived through June 30.

“Taking Care of You” is a multi-session program offering practical strategies and experiences to help you deal with the stress in your life. Sessions begin May 5, 2020.