



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

Nebraska

Nebraska Rural Response Hotline: 1-800-464-0258

University of Nebraska

University of Nebraska Extension is raising awareness of farm stress and offering tools and resources to help in response to growing concerns about well-being support for farmers, farm workers, and their families. Extension educators from across Nebraska have compiled a variety of resources for rural Nebraskans [here](#).

- These include information on managing [COVID-19-related stress](#); online mental health screenings; and videos, podcasts and other resources to aid Nebraskans in helping their children complete their schoolwork and learning at home.
- [Public Stress Resources](#)

Nebraska State

For help finding suicide prevention resources in your area:

<http://www.suicideprevention.nebraska.edu/>

This is *not* a hotline, but a resource for finding local information that could be helpful for friends and family of those at risk.

Bryan Health

Online Mental Health Screening

- Take a few minutes to take a [free mental health screening](#) to determine if you or someone you care about should connect with a behavioral health professional. This screening is completely anonymous and confidential.

Nebraska Department of Health & Human Services and Interchurch Ministries of Nebraska

Nebraska COMHT, the [Nebraska Counseling, Outreach and Mental Health Therapy Project](#), is funded by the Nebraska Department of Health and Human Services and administrated by Interchurch Ministries of Nebraska. The project's aim is to make **cost-free, confidential mental health crisis counseling available to distressed farm and rural families**. The project seeks to achieve this goal

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.



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

through the Rural Response Hotline of Interchurch Ministries of Nebraska with collaborative agreements from mental health providers across Nebraska.

- An individual first calls the **Rural Response Hotline (1-800-464-0258)** and will be given the names and telephone numbers of participating mental health providers from the geographic area the caller requests.
- A voucher is sent to the provider requested, Or, a provider may request the voucher for a client identified as eligible by hotline staff. The individual and/or family will have 30 days to use the voucher at the participating provider of their choice.
- When the caller selects a provider, he/she needs only to identify himself/herself as a COMHT referral and present the voucher at the time of their appointment. The provider can redeem the voucher by sending it to Interchurch Ministries of Nebraska.

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.