



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

#SoyHelp

New York

Cornell University & New York Farm Net

The [NY Farm Net](#) was founded in 1986 by the College of Agriculture and Life Sciences at Cornell University to [help](#) NY State farms through periods of transition, opportunity, or challenge by providing free, confidential, on farm consulting services.

- [Farm Stress Management](#)
- [Identifying Signs of Stress in Farm Families](#)
- [How Farmers Can Cope with Stress](#)
- [Managing Stress in Unprecedented Times](#)

NYC Warm Line

If you find that you are very lonely and do not have people to reach out to, a **warm line** might be useful. Warm lines are hotlines that you can call to speak with someone. You do not need to be experiencing a “crisis” to call/text a warm line. Your call/texting session might be brief; be prepared to wait “on hold.”

If you are calling from NY or anywhere in U.S.:

- Call: 1-888-NYC-WELL
- Text “WELL” to 65173
- Chat online: <https://nycwell.cityofnewyork.us/en/>
- Services are open 24/7

New York State Office of Mental Health

New York State Emotional Support Helpline: **1-844-863-9314**

- The Emotional Support Helpline provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Helpline is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.

Northeast Extension Risk Management Education

- NERME has a [Farm Stress Management](#) page with helpful resources for farmers and ranchers, including the [Healthy Farms, Healthy Minds brochure](#).

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.