



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

## **North Carolina**

### Optum

#### **Optum 24-hour Helpline 866-342-6892**

Optum offers a toll-free 24-hour Emotional Support Help Line for people who may be experiencing anxiety or stress.

### North Carolina Department of Health and Human Services

If you need support, the following [resources](#) are available:

- **The Hope4NC Helpline** (1-855-587-3463) connects North Carolinians to additional mental health and resilience supports that help them cope and build resilience during times of crisis.
- **The Hope4Healers Helpline** (919-226-2002) is a new initiative in partnership with the North Carolina Psychological Foundation. It provides mental health and resilience supports for health care professionals, emergency medical specialists, first responders, other staff who work in health care settings and their families throughout the state who are experiencing stress from being on the front lines of the state's COVID-19 response.
- The [NC DHHS COVID-19 Response page](#) has additional resources to help [manage your mental and overall health](#) during the COVID-19 pandemic.

### North Carolina Agromedicine Institute

- The [NC Agromedicine Institute](#) aims to promote the health and safety of farmers, fishermen, foresters, their workers and their families through research, prevention/intervention, and education/outreach.
- It is working to target farm stress and pair farmers with resources to help them tackle issues of anxiety or depression. Learn more [here](#), and find more information on programs and resources on the NCAI website.
- The Institute is a University of North Carolina inter-institutional institute whose partners are East Carolina University, North Carolina State University, and North Carolina Agricultural and Technical State University.
- [Farmer Stress Resource Directory](#)

*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.*