



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

#SoyHelp

North Dakota

ND Mental Health Association

North Dakota 24/7 **Help Line: Dial 211 or 800-472-2911**

Village Family Center

Village Family Center offers **telehealth services** in mental health, addiction treatment and financial counseling. Request an appointment [here](#).

Mental Health America

MHA of North Dakota offers free mental health screening tools [here](#).

North Dakota State University

- [Farm Stress Fact Sheets](#) including [downloadable PDF](#). Find stress management tips for controlling events, attitudes, and responses to stress.
- [You, Your Health and Response to Rural Stress 2020](#)
- [Preventing Farmer Suicide: Collaboration and Communication](#)
- [Podcast: Dealing with Stress on the Farm](#)
- [Four Key Coping Priorities in Managing Farm Stress](#)
- [Stress Warning Signs and Coping Resources in Farming and Ranching](#)

Resources from other organizations:

[Resources for Farmers & Ranchers](#) from North Dakota Department of Human Services

[Resource and Media Center](#) from North Dakota Prevention

[ND Suicide Prevention from Behavioral Health and Human Services](#)