



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

Ohio

Crisis Text Line

Help is available 24/7 from trained crisis counselors with this free, confidential service by **texting HOME to 741741**.

The Ohio State University

Farm Stress tools:

- [General Resources Page](#)
- [For individuals](#)
- [For people serving the farm community](#)

Ohio Department of Mental Health and Addiction Services

Available in every county of the state. [Information here](#)
Find mental health [service providers here](#).

Ohio Department of Agriculture

Ohio Dept. of Ag has your back when it comes to farm stress. Check out the Department's [Got Your Back](#) portal for helpful resources and means to seek help. The site has diverse resources for stress management geared to men, women, and young adults:

- [Man Therapy](#): Man therapy is an engaging online resource that provides stress management tips for working-aged men.
- [Cultivating Resiliency for Women in Agriculture](#): This interactive online series helps women in agriculture cultivate resiliency by focusing on what they can control in these challenging times and connecting them with resources that can help them weather stress.
- [Teens and Young Adults](#): Teens and young adults face unique challenges as they move from childhood to adulthood and independence. There is help and support available to you as you navigate this time in your life.

Upper Midwest Agricultural Safety and Health Center (UMASH)

Stress, depression, and suicide are on the mind of agricultural communities, where economic, social, and environmental forces challenge the health and safety of farmers, agricultural workers and their families. UMASH [Mental Health Resources](#) are designed to help those in need.

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.