



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

**#SoyHelp**

## **Oklahoma**

### OK Department of Mental Health & Substance Abuse

**OK 24/7 Reach Out Hotline 1-800-522-9054**

**Reach-Out** is the ODMHSAS's 24-hour toll free information and referral hotline. A resource for all Oklahomans, Reach-Out is there for individuals in a crisis and for those who simply want information. All calls are free and confidential.

### Heartline Oklahoma

- **Call [2-1-1](tel:211) or text your zip code to [898-211](tel:898211).** Note, some 211 services are slower during C-19.
- If you'd prefer to chat online about how to meet a need for you or your family, [WE'RE HERE](#).
- [HeartLine](#) connects Oklahomans to help, hope and information – 24 hours a day. As Oklahoma's suicide-prevention experts and 24-hour crisis contact center, Heartline operates a comprehensive support system structured to effectively bring resources and compassionate, nonjudgmental support to Oklahomans in need and to prevent suicide in our communities.

### Oklahoma Farm Bureau

- Farm Bureau [Stress & Mental Health Resources](#)

### ARF/OFU Farm Stress Management Team

- Members of the American Farmers and Ranchers (AF)/Oklahoma Farmers Union (OFU) [Farm Stress Management Team](#) are fellow Oklahomans who understand the unique challenges of production agriculture. They've ridden market highs and lows, dreaded calls to the bank, and wondered how they were going to make it through another year. They've been where you've been.
- If you or someone you know is **dealing with these issues, please call 405-218-5991**. You'll reach a live person who has dealt with agriculture's ups and downs and is ready to help. If your situation is immediate or dire, please call the National Suicide Hotline at 800-273-8255.
- **Farm Stress Course**
  - As part of its Farm Stress Management initiative, National Farmers Union is partnering with other national farm organizations to provide an **online course** that will help family members, friends and neighbors address the farm stress crisis in their communities.
  - The course focuses on the skills needed to understand the sources of stress, learn the warning signs of stress and suicide, identify effective communication strategies, reduce

*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.*



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- stigma related to mental health concerns and connect farmers and ranchers with appropriate mental health and other resources.
  - Course participants will learn to:
    - Understand sources of stress
    - Recognize warning signs of stress and suicide
    - Identify effective communication strategies
    - Reduce stigma related to mental health concerns
    - Connect farmers and ranchers with appropriate resources
  - The course is available to all AFR/OFU members at no cost. Find info here:  
[https://www.canr.msu.edu/managing\\_farm\\_stress/rural-resiliency-online-course-nfu](https://www.canr.msu.edu/managing_farm_stress/rural-resiliency-online-course-nfu)
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- **Louisiana Interchurch Conference (LIC)**  
**Phone:** 225.344.0134  
**Contact:** Dan Krutz  
**Email:** [lainterchurch@aol.com](mailto:lainterchurch@aol.com)  
**Website:** <http://www.lainterchurch.org>  
**Resource Description:** LIC is a statewide association of churches representing 15 denominations. The LIC strives to foster greater visible Christian unity through common worship, study and social outreach. Financial, educational and counseling services are available to farmers through this office. Service area includes Oklahoma.