



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

## **South Dakota**

### Avera Health Services

- For 24/7 support, call the **Farm and Rural Stress Hotline at 1-800-691-4336** or the **National Suicide Hotline** at 1-800-273-8255.
- The Farm and Rural Stress Hotline is available to farmers, ranchers, residents of rural communities, and their families.
- When you call, an online operator will take inventory of your needs and direct you to local mental health care, which may include talk therapy and/or medication management. You can call anonymously, and your insurance will not be notified.

### South Dakota State University

[Farm Stress Page](#) from SDSU Extension

### South Dakota Suicide Prevention

- Access [SDSP](#) for targeted resources, including C-19's effects on mental health.
- Resources for suicide prevention help on SDSP [here](#), including Lifeline chat.

### Helpline Center

- The [Helpline Center](#) produces annual **resource guides** listing behavioral health providers to help with professional, emotional and personal stressors in the [Sioux Falls Mental Health Guide](#) and the [Black Hills Mental Health Resource Guide](#).
- You can also access the [211 Database](#) from the Helpline Center in order to search for resources. The 211 database is a central access point for information and referrals on nonprofit, social service and government agencies in South Dakota. The database contains more than 10,000 social, governmental, non-profit and faith-based services available across South Dakota.

### South Dakota Council of Mental Health Centers

- Offering counseling services, adult therapy groups and educational workshops. [Learn more](#). Find [South Dakota Community Mental Health Centers](#)

*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.*