



Farm Stress Resources by Soy State
National Farm Stress Resources for U.S. and Canada
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#SoyHelp

Texas

Texas Health and Human Services

To find mental health services in your area, visit the TX [HHS website](#). You can call the referral line of the local mental/behavioral health authority in your area for confidential help 24/7.

Local **Texas Crisis Lines** can be found [here](#).

University of Texas at Austin-Counseling and Mental Health Center

[Tips for Stress Management](#)

[Help for Managing Stress](#)

Texas A&M AgriLife Extension

[Resource for farmers and farm families](#) regarding mental health

Download a printer-friendly version: [Farm Families and Mental Health](#)

Louisiana Interchurch Conference (LIC)

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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. Texas is within the service area.