



**Farm Stress Resources by Soy State
National Farm Stress Resources for U.S. and Canada
May 1, 2022**

#SoyHelp

Alabama

Alabama Ready

County by county directory of [crisis numbers for mental illness](#) from Alabama Dept. of Mental Health

Wings Across Alabama

[Wings Across Alabama](#) offers a warmline M-F, 2pm-8pm, and Sat/Sun, 3pm-8pm. Community support groups are also available online every Th., 10am CT:

<https://global.gotomeeting.com/join/336063245>

Warmline 1-844-999-4647

RuralMinds.Org

This new state initiative focuses on farmers' mental health and offers crisis and mental health resources and opportunities for support. While still being developed, there are links and helpful materials available on the [website](#).

Alabama Department of Mental Health

[AL Dept. of Mental Health](#) offers online peer support, means for finding help, and resources for individuals and families with various needs.

NAMI Alabama

National Alliance on Mental Health Alabama offers support groups and resources to Alabamians; The families and members of NAMI Alabama offer understanding to anyone concerned about mental illnesses and the treatment of mental illness.

The NAMI Alabama [home page](#) has a map for finding **local affiliates in the state, support groups, resources, and crisis support numbers.**

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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Resources to Recover (RtoR.org) – A Gateway to Mental Health Services

RtoR.org is a mental health website for families and individuals to connect them with mental health resources. A [state resource directory](#) is available online.

Alabama Mental Health

[Mental Health Provider Directory](#) for finding help throughout the state based on city.

Louisiana Interchurch Conference (LIC)

Phone: 225.344.0134

Contact: Dan Krutz

Email: lainterchurch@aol.com

Website: <http://www.lainterchurch.org>

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. Alabama is in the LIC service area.

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.