



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

Indiana

Families First Indiana

24 Hour Crisis and Suicide Prevention Line: Call 317-251-7575 or Text CSIS to 839863

[Families First Indiana](#) has a free 24-hour crisis line for people who are in crisis or contemplating suicide. If you are experiencing thoughts of suicide, are concerned about a loved one, need referrals, or just want someone to listen, our Crisis Intervention Specialists are available 24 hours a day to provide support for any problem you may be facing. Call or text now to speak with someone. FFI wants you to know you're not alone, and they can help you get through whatever it is you're facing. The Crisis Line is a member of the [National Suicide Prevention Lifeline Network](#).

[Purdue Farm Stress Program](#) The Purdue Farm Stress team provides tools, resources, and programs to help farmers address the day-to-day stresses and difficulties of owning or operating a business which is subject to so many challenges and uncertainties.

The team delivers two programs, each focused on the health and well-being of farmers. In addition, the team provides a wealth of resources to supporting mental health in agricultural communities.

[Indiana Farm Bureau, Hoosier Rural Resilience](#) The Indiana Farm Bureau's Hoosier Rural Resilience program provides resources to rural communities to manage their mental health. Their website includes information on managing stress and anxiety, mental health resources and ways to receive help.

[Indiana Rural Health Association](#) The Indiana Rural Health Association (IRHA) was organized in 1997, and since that time has grown and strengthened its membership. Their mission is simple: work to improve the health of all Hoosiers in rural settings.

NAMI Indiana

National Alliance on Mental Illness Indiana [Resources](#)

Mental Health America of Indiana

Online mental health [screening and resources](#).

IN.gov

- [Provider list](#)

Link: [Indiana Mental Health Services Guide](#)

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.