



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

#SoyHelp

Iowa

Iowa State University's [Iowa Concern](#)

Iowa Concern Hotline 1-800-447-1985

A confidential, free resource answered **24 hours a day, 7 days per week**. Language interpretation available. Dial 711 for TTY/TDD.

- 24/7 Phone Support - Trained staff take your calls via the toll-free hotline.
- [Email an Expert](#) - Send your questions related to legal issues, finances, stress and crisis or disaster to our staff.
- [Live Chat](#) - One-on-one, secure communication through typed text with a stress counselor.

Your Life Iowa

If you need someone to talk or if you need help accessing mental health resources, Your Life Iowa is **available 24/7** to talk over phone, text or live chat.

Call: (855) 581-8111

Text: (855) 895-8398

Chat: YourLifeIowa.org

Iowa Farm Bureau Farm Stress Resources

<https://www.iowafarmbureau.com/Stress-Mental-Health-Resources>

National Alliance on Mental Illness Iowa

Website: <https://namiowa.org/>

Email: info@namiowa.org

Phone: 515-254-0417 (Weekdays 8:30 a.m. - 4:30 p.m.)

Make it OK, Iowa

Healthiest State Initiative with [multiple online resources](#).

Iowa State University "Question. Persuade. Refer (QPR)" Classes

Take an online QPR class through ISU and say "yes" to saving the life of a friend, colleague, sibling, or neighbor. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and

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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how to question, persuade, and refer someone to help.

Intended audience: Adults

Format: 60 to 90-minute program

Features:

- Designed to teach lay people and professionals about the warning signs of a suicide crisis and appropriate responses.
- Can be offered as a stand-alone program or as a breakout session at larger conferences.
- [QPR Gatekeeper Training for Suicide Prevention](#) is listed in the National Registry of Evidence-based Practices and Policies.

ISU Extension and Outreach will continue to offer QPR at a variety of dates and times to meet the busy schedules of the agribusiness community. Each on-line program will last for one hour.

Agribusiness professionals, agriculture lenders and bankers, veterinarians, vet techs, commodity group members and producers can register at NO cost for any of these programs. To register, go to <https://www.extension.iastate.edu/humansciences/QPR>. Unique URL Zoom links will be sent to registered participants prior to each program. For more information, contact [Demi Johnson](#).

[Road to Recovery.org](#)

[Mental Health Resources in Iowa](#) and provider search