



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

Maryland (Mid-Atlantic)

University of Maryland

Because of the critical role of farmers in Maryland and across the nation, the [University of Maryland Extension](#) has prepared resources to help farm families navigate the numerous resources available online and provide timely, science-based education and information to support prosperous farms and healthy farm families. Find financial, stress management, and legal resource links and information.

- University of Maryland Extension partnered with Eastern Shore mental health services to provide free counseling for farmers and land managers. **Interested participants can request a referral by emailing mdfrsan@umd.edu or calling 301-405-4153**; openings are limited to farm families and other non-industrial land managers.
- [Managing Farm Related Stress](#)

Save a Shore Farmer

The Save a Shore Farmer campaign from the Rural Maryland Council (RMC) provides resources for farmers and their families on Maryland's Eastern Shore. [Learn more](#).

Northeast Extension Risk Management Education

- NERME has a [Farm Stress Management](#) page with helpful resources for farmers and ranchers, including the [Healthy Farms, Healthy Minds brochure](#).