



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

Michigan

Michigan State University

MSU [Managing Farm Stress Program](#)

- To meet the needs of farmers, Michigan State University Extension developed two farm stress management workshops, [Communicating with Farmers Under Stress](#) and [Weathering the Storm in Agriculture: How to Cultivate a Productive Mindset](#), and hosted a Farm Stress Management Summit to train other Extension staff in how to offer these workshops in their communities.
- MSU's **Farm Stress Program** is equipped to connect farmers experiencing stress and mental health issues with [online counseling](#). Through this pilot project, MSU Extension can link farmers with a licensed mental health therapist via teletherapy. There are two ways farmers can access services with the pilot project. You can reach out to Eric Karbowski, riceremi@msu.edu, or self-refer for services by calling 866-852- 4001. **Please note that self-referrals must state "MSU Extension Teletherapy" to qualify for the pilot project.**

Michigan Farm Bureau

- [Stress and Mental Health Resources](#)

211 Michigan

- [Michigan 2-1-1](#) is a free service that connects Michigan residents with help and answers from thousands of health and human services agencies and resources right in their communities—quickly, easily, and confidentially.
- Dial 2-1-1 or 844-875-9211, chat online, or search the website for resources.
- Don't see what you're looking for online? **Dial 2-1-1 or text your zip code to 898211—24 hours a day, 7 days a week—to get fast, free, confidential help.** Trained staff is always available to help you find what you need.

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.