



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

## **Nebraska**

**Nebraska Rural Response Hotline: 1-800-464-0258**

### University of Nebraska

University of Nebraska Extension is raising awareness of farm stress and offering tools and resources to help in response to growing concerns about well-being support for farmers, farm workers, and their families. Extension educators from across Nebraska have compiled a variety of resources for rural Nebraskans [here](#).

- These include information on managing [COVID-19-related stress](#); online mental health screenings; and videos, podcasts and other resources to aid Nebraskans in helping their children complete their schoolwork and learning at home.

### Nebraska State

For help finding suicide prevention resources in your area:

<http://www.suicideprevention.nebraska.edu/>

This is *not* a hotline, but a resource for finding local information that could be helpful for friends and family of those at risk.

### Bryan Health

Online Mental Health Screening

- Take a few minutes to take a [free mental health screening](#) to determine if you or someone you care about should connect with a behavioral health professional. This screening is completely anonymous and confidential.

### Nebraska Department of Health & Human Services and Interchurch Ministries of Nebraska

Nebraska COMHT, the [Nebraska Counseling, Outreach and Mental Health Therapy Project](#), is funded by the Nebraska Department of Health and Human Services and administrated by Interchurch Ministries of Nebraska. The project's aim is to make **cost-free, confidential mental health crisis counseling available to distressed farm and rural families**. The project seeks to achieve this goal

*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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through the Rural Response Hotline of Interchurch Ministries of Nebraska with collaborative agreements from mental health providers across Nebraska.

- An individual first calls the **Rural Response Hotline (1-800-464-0258)** and will be given the names and telephone numbers of participating mental health providers from the geographic area the caller requests.
- A voucher is sent to the provider requested, Or, a provider may request the voucher for a client identified as eligible by hotline staff. The individual and/or family will have 30 days to use the voucher at the participating provider of their choice.
- When the caller selects a provider, he/she needs only to identify himself/herself as a COMHT referral and present the voucher at the time of their appointment. The provider can redeem the voucher by sending it to Interchurch Ministries of Nebraska.

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