



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

## North Carolina

### Optum

#### **Optum 24-hour Helpline 866-342-6892**

Optum offers a toll-free 24-hour Emotional Support Help Line for people who may be experiencing anxiety or stress.

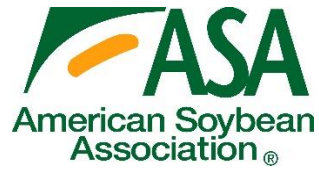
### North Carolina Department of Health and Human Services

If you need support, the following resources are available:

- **The Hope4NC Helpline** (1-855-587-3463) connects North Carolinians to additional mental health and resilience supports that help them cope and build resilience during times of crisis.
- **The Hope4Healers Helpline** (919-226-2002) is a new initiative in partnership with the North Carolina Psychological Foundation. It provides mental health and resilience supports for health care professionals, emergency medical specialists, first responders, other staff who work in health care settings and their families throughout the state who are experiencing stress from being on the front lines of the state's COVID-19 response.
- DMHDDSAS has developed some [strategies for counties to support behavioral health and I/DD services](#) during the COVID-19 pandemic.

### North Carolina Agromedicine Institute

- The [NC Agromedicine Institute](#) aims to promote the health and safety of farmers, fishermen, foresters, their workers and their families through research, prevention/intervention, and education/outreach.
- Find crisis solutions in North Carolina by [clicking here](#)
- Call the National Suicide Prevention Hotline at [1-800-273-TALK \(8255\)](#) or text 741741 to the Crisis Text Line.
- For more information about managing farm stress or finding a counselor [click here](#).
- Don't have insurance to cover cost of counseling? Thanks to the [NC Tobacco Trust Fund Commission](#), funds are available to cover up to three counseling sessions per individual. Call [252.744.1008](#) to learn more.
- The Institute is a University of North Carolina inter-institutional institute whose partners are East Carolina University, North Carolina State University, and North Carolina Agricultural and Technical State University.
- [Farmer Stress Resource Directory](#)



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North Carolina Farmworker Health Program

- The [North Carolina Farmworker Health Program](#) works to improve the health of migrant and seasonal farmworkers and their families by providing funding, training and technical assistance to a statewide network of outreach and health care providers.

*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.*