



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

North Dakota

ND Mental Health Association

North Dakota 24/7 **Help Line: Dial 211 or 800-472-2911**

Village Family Center

[Village Family Center](#) offers **telehealth services** in mental health, addiction treatment and financial counseling. Request an appointment [here](#).

Mental Health America

MHA of North Dakota offers free mental health screening tools [here](#).

North Dakota State University

- [Farm Stress Fact Sheets](#) including [downloadable PDF](#). Find stress management tips for controlling events, attitudes, and responses to stress.
- [Managing Stress](#)
- [Preventing Farmer Suicide: Collaboration and Communication](#)
- [Four Key Coping Priorities in Managing Farm Stress](#)
- [Stress Warning Signs and Coping Resources in Farming and Ranching](#)

North Dakota Farm Bureau

Members of NDFB's Promotion and Education Committee developed a [five-episode podcast](#) to help rural people going through difficult circumstances due to weather and market forces. We hope these podcasts help people realize they are not alone and that we are in this together and will support one another. Just reach out.

Resources from other organizations:

[Resources for Farmers & Ranchers](#) from North Dakota Department of Human Services
[Resource and Media Center](#) from North Dakota Prevention
[ND Suicide Prevention from Behavioral Health and Human Services](#)

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.