



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

#SoyHelp

Virginia

Virginia Department of Agriculture

Dept. of Ag. [Farmer Stress Brochure](#)

Virginia Tech & VA State Cooperative Extension

Downloadable [Suggestions for Coping with Stress](#)

Virginia Department of Behavioral Health & Developmental Services

How to Get Help for Mental Health Issues

Virginia's community services boards (CSBs) are the primary point of entry into the Commonwealth's public behavioral health and developmental services system. CSBs provide treatment for mental health issues, substance use and addiction, and intellectual and developmental disabilities. There is a CSB that serves every county and city in the state. To locate the CSB nearest to you, [click here](#). You can also visit the federal Substance Abuse and Mental Health Services Administration (SAMHSA) treatment locator website at <https://findtreatment.samhsa.gov/>. On that page, you can search for providers by zip code.

Virginia Farm Bureau

Visit the [Farmer Resources](#) page and click the "Managing Stress and Safety" tab.