



**Farm Stress Resources by Soy State National Farm Stress Resources for U.S. and Canada
May 2023
#SoyHelp**

Delaware (Mid-Atlantic)

Delaware 211

Dial 2-1-1 or dial 1-800-560-3372, or Text your ZIP code to 898-211.

With many households experiencing reduced income or lack of access to services, the best place to find assistance would be Delaware 211. This statewide resource can link you to all sorts of help, including food, utility assistance, housing, health, mental health and many other categories. Tell them what you need, and these wonderful helpers will get you connected to the right resources.

Delaware State Resources

Delaware Hope Line: 833-9-HOPEDE Counseling, coaching, therapy and resources available 24/7, or text HOPEDE to 55753

In person support:

- New Castle County, call 302-255-1650
- Kent County, call 302-857-5060
- Sussex county, call 302-515-3310

Crisis Intervention Service: Free 24/7 crisis counseling by phone, or when needed by mobile response, to address urgent and emergent behavioral health needs.

- **Northern DE:** 800-652-2929
- **Southern DE:** 800-345-6785

Online Emotional Support Resources: Being resilient means that you can face challenges and difficulties in life. One way of being resilient is by asking for assistance when you need it or just talking to someone who can support you. During these stressful times, it is easy to get overwhelmed and not ask for things that you need. Several state sites have [rounded up resources](#) to find help being resilient in turbulent times.

The next step is **getting connected** to the right kind of mental well-being resources. The **Delaware Help is Here** [website](#) connects you with behavioral health, mental health or addiction help. Whether it is for you or a loved one, support is there to get you through a tough time. If it is an emergency, you can call 911 or the mobile care crisis line 1-800-652-2929.

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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[JFS OnCall](#) may be just the help needed during times of extra pressure; it is a free and confidential emotional support hotline. Call 302-781-4537 to speak with an experienced social worker. The hours of operation are from 9 a.m. to 9 p.m. This service is through Jewish Family Services of Delaware.

Delaware Mental Health Services

Many people don't realize that publicly funded mental health services are available in their state. People looking for free or low-cost counseling often think their only options are counselors in private practice and don't know that publicly funded providers in their communities may also offer counseling services. The [Open Counseling](#) page offers easy guidance on when you should go to a state mental health program, who is eligible, and how to find out more.

NAMI Delaware and Morrow Counties

Link to [resources](#) from the National Alliance on Mental Illness.

Northeast Extension Risk Management Education

NERME has a [Farm Stress Management](#) page with helpful resources for farmers and ranchers, including the [Healthy Farms, Healthy Minds](#) brochure.

University of Delaware

Since 1869, [UD Cooperative Extension](#) has brought university knowledge and resources to the people of Delaware — and despite the upset of COVID-19 to our daily lives, that commitment continues.

Mental Health First Aid Training

Do you know what stress, addiction, and/or mental health disorders looks like in friends, family or colleagues? Do you know what to do when you encounter these types of behaviors?

[Watch How Healthy is Your Farm](#) – This short video helps to connect the importance of personal health with the health and vitality of the farm operation. It aligns with Creating a Thriving Farm Visuals, Descriptions and Stacking Game.

[How Healthy is Your Farm - Self-Assessment](#) – The Linking Farm Vitality and Family Health and Wealth 13-question, self-assessment tools help farm audiences determine their readiness in being able to address a personal health crisis and helps them to see how having key documents and back-ups in place can help to sustain their farm.

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Access the [Farm and Farm Family Risk and Resilience Toolkit](#) and other personal wellbeing and financial help tools and resources.

Screening for Mental Health

The Mental Health Association of Delaware offers a [free online mental health screening](#). These screenings are often the first step for individuals with depression in getting help. You can access the screens 24 hours a day/7 days a week. There are 13 screens including depression, bipolar, anxiety disorder, PTSD, eating disorders, gambling, substance abuse, psychosis and several more.

988: Suicide prevention and crisis support.

988 is the new, 3-digit suicide prevention and crisis support available nationwide, including Delaware. You can either **call or text** to connect with behavioral or mental health crisis services.

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

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