



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

#SoyHelp

Illinois

Illinois Mental Health Collaborative for Access and Choice

If you find that you are very lonely and do not have people to reach out to, a **warm line** might be useful. Warm lines are hotlines that you can call to speak with someone. You do not need to be experiencing a “crisis” to call/text a warm line.

If you are calling from within the state of Illinois:

Illinois warm line:

Call: 1 (866) 359-7953

TTY: 1 (866) 880-4459

Monday-Friday, 8am-5pm

Illinois Farm Bureau

Visit IFB’s [Mental Health & Wellness page](#) for resources including finding a mental health provider and wellness tools.

Farm Family Resource Initiative Helpline: 1-833-FarmSOS or 1-833-327-6767

Serves farm families in Christian, Logan, Macon, Macoupin, Morgan & Sangamon Counties

Illinois AgrAbility

Illinois AgrAbility cares about your mental health, and we’re here to help! Every farmer deserves access to proper stress management and suicide prevention resources. Get the help you need quickly and easily with Illinois AgrAbility.

<https://www.agrabilityunlimited.org/mental-health>

Illinois Department of Agriculture

<https://www2.illinois.gov/sites/agr/Pages/Mental-Health-Assistance-for-Farmers-.aspx>

Road to Recovery Illinois

<https://www.rtor.org/directory/mental-health-illinois/>

Illinois Department of Human Services

Emergency and non-emergency options and resources, including the [Living Room Program](#): The Living Room Program (LRP) is for individuals in need of a crisis respite program with services and supports designed to proactively divert crises and break the cycle of psychiatric hospitalization. The LRP provides a safe, inviting, home-like atmosphere where individuals can calmly process the crisis event, as well as learn and apply wellness strategies which may prevent future crisis events. The

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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LRP is staffed by Recovery Support Specialists.

Link: [Illinois Mental Health Services Guide](#)

[NAMI Illinois](#)

Learn about a support group in your area. Contact the NAMI Illinois Program Coordinator at 217-522-1403.

[Illinois 211](#)

2-1-1 is a free referral and information helpline that connects people to a wide range of health and human services, 24 hours a day, 7 days a week. To contact 2-1-1 in any state, including Illinois, simply dial the numbers 2-1-1 from any phone.

[Lutheran Social Services of Illinois](#)

Lutheran Social Services of Illinois has team of professionals to support your mental health.

If you or someone you know is having a mental health crisis, **call 833.610.5774.**

Press 1 to talk to a crisis counselor.

[Mental Health America of Illinois](#)

Find a mental health screening tools, mental health providers near you/by city and other resources/support: <https://www.mhai.org/get-help>

988: Suicide prevention and crisis support.

988 is the new, 3-digit suicide prevention and crisis support available nationwide, including Illinois. 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.