



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

**#SoyHelp**

## **Indiana**

### Be Well Indiana

Self-assessments: <https://screening.mhanational.org/screening-tools/?ref=bewellindiana>

Mental health resources: <https://www.in.gov/bewellindiana/resources/mental-health-resources/>

Find support: <https://www.in.gov/bewellindiana/#support>

### Families First Indiana

**24 Hour Crisis and Suicide Prevention Line: Call 317-251-7575 or Text CSIS to 839863**

[Families First Indiana](#) has a free 24-hour crisis line for people who are in crisis or contemplating suicide. If you are experiencing thoughts of suicide, are concerned about a loved one, need referrals, or just want someone to listen, our Crisis Intervention Specialists are available 24 hours a day to provide support for any problem you may be facing. Call or text now to speak with someone. FFI wants you to know you're not alone, and they can help you get through whatever it is you're facing. The Crisis Line is a member of the [National Suicide Prevention Lifeline Network](#).

[Purdue Farm Stress Program](#) The Purdue Farm Stress team provides tools, resources, and programs to help farmers address the day-to-day stresses and difficulties of owning or operating a business which is subject to so many challenges and uncertainties.

The team delivers two programs, each focused on the health and well-being of farmers. In addition, the team provides a wealth of resources to supporting mental health in agricultural communities.

[Indiana Farm Bureau, Hoosier Rural Resilience](#) The Indiana Farm Bureau's Hoosier Rural Resilience program provides resources to rural communities to manage their mental health. Their website includes information on managing stress and anxiety, mental health resources and ways to receive help.

[Indiana Rural Health Association](#) The Indiana Rural Health Association (IRHA) was organized in 1997, and since that time has grown and strengthened its membership. Their mission is simple: work to improve the health of all Hoosiers in rural settings.

### NAMI Indiana

National Alliance on Mental Illness Indiana [Resources](#)

### Mental Health America of Indiana

Online mental health [screening and resources](#).

*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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[IN.gov](#)

- [Provider list](#)

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

Crisis Text line

Text IN to 741741 for free, 24/7 crisis counseling.

Maple Heights Behavioral Health

Located in Fort Wayne, Indiana, Maple Heights Behavioral Health offers comprehensive treatment for mental health disorders, providing inpatient and outpatient treatment for adolescents, adults, and seniors. Contact us today to learn more about how we can help you achieve lasting recovery. Call (855) 963-5046.

**988: Suicide prevention and crisis support.**

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