



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

Iowa

Iowa State University's [Iowa Concern](#)

Iowa Concern Hotline 1-800-447-1985

A confidential, free resource answered **24 hours a day, 7 days per week**. Language interpretation available. Dial 711 for TTY/TDD.

- 24/7 Phone Support - Trained staff take your calls via the toll-free hotline.
- [Email an Expert](#) - Send your questions related to legal issues, finances, stress and crisis or disaster to our staff.
- [Live Chat](#) - One-on-one, secure communication through typed text with a stress counselor.

Your Life Iowa

If you need someone to talk or if you need help accessing mental health resources, Your Life Iowa is **available 24/7** to talk over phone, text or live chat.

Call: (855) 581-8111

Text: (855) 895-8398

Chat: YourLifeIowa.org

Iowa Farm Bureau Farm Stress Resources

<https://www.iowafarmbureau.com/Stress-Mental-Health-Resources>

National Alliance on Mental Illness Iowa

Website: <https://namiowa.org/>

Email: info@namiowa.org

Phone: 515-254-0417 (Weekdays 8:30 a.m. - 4:30 p.m.)

Make it OK, Iowa

Healthiest State Initiative with [multiple online resources](#).

Iowa State University "Question. Persuade. Refer (QPR)" Classes

Take an online QPR class through ISU and say "yes" to saving the life of a friend, colleague, sibling, or neighbor. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and

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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how to question, persuade, and refer someone to help.

Intended audience: Adults

Format: 60 to 90-minute program

Features:

- Designed to teach lay people and professionals about the warning signs of a suicide crisis and appropriate responses.
- Can be offered as a stand-alone program or as a breakout session at larger conferences.
- [QPR Gatekeeper Training for Suicide Prevention](#) is listed in the National Registry of Evidence-based Practices and Policies.

ISU Extension and Outreach will continue to offer QPR at a variety of dates and times to meet the busy schedules of the agribusiness community. Each on-line program will last for one hour.

Agribusiness professionals, agriculture lenders and bankers, veterinarians, vet techs, commodity group members and producers can register at NO cost for any of these programs. To register, go to <https://www.extension.iastate.edu/humansciences/QPR>. Unique URL Zoom links will be sent to registered participants prior to each program. For more information, contact [Demi Johnson](#).

[The Linn County Mental Health Access Center](#)

Provides crisis care for adults experiencing a mental health or substance use disorder crisis that requires immediate attention.

Linn County Mental Health Access Center is located in the former Linn County Public Health building at 501 13th St. NW, Cedar Rapids.

Hours: The Mental Health Access Center is open **for walk-in hours seven days a week between the hours of 8 a.m. – 10 p.m. No appointment is necessary.**

For services after hours and on weekends, call Foundation 2 **Mobile Crisis Teams at 319-362-2174.**

Learn more about eligibility and service providers. <https://www.linncountyiowa.gov/1423/Mental-Health-Access-Center>

[FREE mental health coaching session:](#)

Abbe Center and Hillcrest Family Services have collaborated with the **East Central Mental Health Region** to offer FREE Mental Health Wellness Coaching sessions to anyone living in Benton, Bremer, Buchanan, Delaware, Dubuque, Iowa, Johnson, Jones or Linn Counties.

How do you set this up? Just simply make a phone call!

- Abbe Center for Community Mental Health – 319-398-3562
- Hillcrest Family Services – 563-207-5494

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[Road to Recovery.org](https://www.roadtorecovery.org/)

[Mental Health Resources in Iowa](#) and provider search

[How To Get Affordable State Sponsored Therapy in Iowa](#)

<https://blog.opencounseling.com/public-mental-health-ia/>

988: Suicide prevention and crisis support.

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