



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

Kansas

Headquarters Counseling Center

The [Headquarters Counseling Center](#) is the Kansas location for the **National Suicide Prevention Lifeline**. The Kansas headquarters provides free emotional support to the state of Kansas by phone, online, and in person.

- 24/7 Support Line: 785-841-2345.
- Online Chat: <https://988lifeline.org/>
- Crisis Text: 988

Kansas Ag Stress

The [Kansas Ag Stress Resources website](#) has a wealth of local and national resources for farmers and ranchers to help deal with mental health, stress, depression and other specific diagnosis assistance, including support, services, and ways to find help for those you know who may be in need.

The family support section has resources specifically for men in ag, women in ag, teens and young adults, aging adults, farmer veterans, and farm families. The [Kansas AgrAbility Project](#) for farmers who have been injured, have a health condition or disability – or are veterans – can be accessed through the Kansas stress website or directly.

For free 24/7 support, call the **Regional Concern Hotline at 1-800-447-1985**

Behavioral Health Services and Programs

The Behavioral Health System in Kansas offers an array of services for persons and communities in need of prevention, treatment and recovery services. Kansas is a community-based services state, meaning that the system is designed in such a way as to ensure that individuals can receive necessary services in their community, instead of in an institution, whenever possible. Treatment Services in Kansas Behavioral Health Services works closely with many stakeholders and partners to ensure Kansans have access to quality mental health and substance use disorder services, including:

- [Certified Community Behavioral Health Clinics \(CCBHCs\)](#)
- [Community Mental Health Centers \(CMHCs\)](#)
- [Private Psychiatric Hospitals \(PPHs\)](#)
- [Psychiatric Residential Treatment Facilities \(PRTFs\)](#) (Youth)
- [Residential Care Facilities \(RCFs\)](#)
- [Serious Emotional Disturbance \(SED\) Waiver](#) (Youth) [*Long Term Services & Supports Commission*]

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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Kansas Mental Health Center

Teletherapy Health Care Options

Please check the [Kansas Mental Health Center Directory](#) for possible teletherapy options near you, along with the following:

- [Bert Nash Community Mental Health Center](#)
Also offers Mental Health First Aid private and public [classes](#)
- [Crosswinds Counseling and Wellness](#)
- [Pawnee Mental Health Services](#)
- [Iroquois Center for Human Development](#)

If you are a farmer experiencing an *immediate* crisis, or know of someone in need of *immediate* assistance, contact your local [Kansas Community Mental Health Center](#) or the **Kansas Suicide Prevention Line 1-785-841-2345**, which will provide suicide prevention support for both you or someone you may be concerned about. **Call any time 24/7** and get connected with a caring, highly trained counselor.

How To Get Affordable State Sponsored Therapy in Kansas: <https://blog.opencounseling.com/public-mental-health-ks/>

CMHC 24-Hour Hotlines

The Kansas Department for Aging and Disability Services (KDADS) offers [a list of 24-hour hotlines broken down by county](#). KDADS can also be reached directly at **785-296-4986**.

NAMI Helpline & More

The National Alliance on Mental Illness provides a wealth of resources, including the **NAMI Helpline, which can be reached by calling 1-800-950-6264 or by emailing info@nami.org**. Although the helpline is only available Monday through Friday from 10AM until 8PM EST, there is a **24/7 text-line available**. Simply text 'NAMI' to 741-741 for assistance.

988: Suicide prevention and crisis support.

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