



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

#SoyHelp

Kentucky

[Farm Stress and Rural Mental Health](#)

The University of Kentucky Cooperative Extension Service is working in collaboration with the Southern region's Farm and Ranch Stress Assistance Network to address farm stress and suicide. The project is evaluating current resources and needs within the state and developing programs and materials to combat farm stress.

- [Contacts](#)
- [Resources](#)

University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service

This resource sheet from is from April 2019, yet still provides helpful links, phone numbers and information to assist, specifically around financial-related issues: [Resources Available to Farmers Struggling with Farm Financial Stress](#)

Mental Health America of Kentucky

[Info and Resources](#)

Kentucky Crisis Resources

Click here to find a list of local #'s & resources: <https://kentuckycounselingcenter.com/crisis-management/>

National Alliance on Mental Illness (NAMI) KY

[NAMI Louisville Crisis Resources](#)

**24-Hour Crisis and Information
Center Line:**

(502) 589-4313 or 1-800-221-0446

TDD-(502) 589-4259 or 1-877-589-4259

Kansas Farm Bureau Mental Health Resources

[Link to resources](#) including videos, webinars and other information

Farms.com

Link to support groups, counselor contacts and more: <https://www.farms.com/mental-health-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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suicide-prevention-resources/kentucky.aspx

MHTTC Resources for KY

[Home page](#) includes mental health associations, faith-based initiatives, public health resources and more.

[QPR Training through University of Kentucky](#)

QPR stands for: Question, Persuade, and Refer - 3 simple steps that anyone can learn to help save a life from suicide. People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to get a person at risk the help they need.

With QPR training you can learn how to save the life of a farmer, student, friend, colleague, family member, or neighbor. In as little as 1½ hours you can learn to recognize the warning signs of suicide and how to apply three simple steps that may save a life. Presented by a certified QPR instructor, each QPR training includes information on:

- The problem of suicide nationally and in Kentucky
- Common myths and facts associated with suicide
- Warning signs of suicide
- Tips for asking the suicide question
- Methods for persuading suicidal individuals to get help
- Ways of referring at risk people to local resources
- AND time for Questions and Answers

Each attendee will receive a QPR booklet and card with information on suicide prevention, as well as resource information for treatment providers and support groups within their community.

Spring QPR attendance dates coming soon: *[First come, first served]* For more information on QPR or to schedule a separate QPR training session, contact Dr. Megan Marks or Dr. Mary Bolin at (859) 257-8701.

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[Raising Hope](#)

Promote the physical/mental health and safety of Kentucky's farmers and farm families through translational research, prevention/intervention, and community education/outreach informed by key stakeholders with the common goal to enhance quality of life for our farmers and farm families.

Resources: <https://www.raisinghopeky.com/#resources>

Other KY Suicide Resources

[KY Local Suicide Hotlines & Help Centers](#), along with national suicide hotline and chat options.
<https://www.kentuckysuicideprevention.org/>

A newly formed organization continues providing mental health services to rural Kentucky.

Four non-profit mental health agencies are creating a partnership to form one of the largest community mental health centers in Kentucky.

LifeSkills, Inc. in Bowling Green; Communicare, Inc. in Elizabethtown; Four Rivers Behavioral Health in Paducah, and Pennyroyal Center in Hopkinsville will make up the new organization.

<https://www.wkyufm.org/news/2023-02-07/a-newly-formed-organization-continues-providing-mental-health-services-to-rural-kentucky>

988: Suicide prevention and crisis support.

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