



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

Maryland (Mid-Atlantic)

988: Suicide and Behavioral Health Crisis Hotline: Dial or Text 988

- 988 is the new, 3-digit suicide prevention and crisis support line available nationwide, including Maryland.
- 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.
- For more information, please visit: <https://www.hhs.nd.gov/behavioral-health/988>

University of Maryland

- Because of the critical role of farmers in Maryland and across the nation, the [University of Maryland Extension](#) has prepared resources to help farm families navigate the numerous resources available online and provide timely, science-based education and information to support prosperous farms and healthy farm families. Find financial, stress management, and legal resource links and information.
 - [Managing Farm Related Stress](#)

Save a Shore Farmer

The Save a Shore Farmer campaign from the Rural Maryland Council (RMC) provides resources for farmers and their families on Maryland's Eastern Shore. [Learn more.](#)

Northeast Extension Risk Management Education

NERME has a [Farm Stress Management](#) page with helpful resources for farmers and ranchers, including the [Healthy Farms, Healthy Minds brochure](#).