



Farm Stress Resources by Soy State
National Farm Stress Resources for U.S. and Canada
May 2024
#SoyHelp

Alabama

Connect Alabama App

[Connect Alabama](#), a behavioral health services and treatment finder application, provides individuals instant access to education, information and services related to substance use, mental health, and prevention. The app is available for [download on iOS](#) through the app store and for Android devices via [Google play](#).

Wings Across Alabama

[Wings Across Alabama](#) offers free support groups, both online and in-person. All of Wings support groups are peer-led and open to anyone who has lived and/or living experience with mental illness. Witnessing others as they move through life's challenges and successes, as well as having your own experiences witnessed by others, can be supportive and offer the inspiration needed to continue through your recovery journey. Learn more [here](#).

Wings Across Alabama also has a Warmline: 1-844-999-4647

RuralMinds.Org

This state initiative focuses on farmers' mental health and offers crisis and mental health resources and opportunities for support. While still being developed there are links and helpful materials available on the [website](#).

Alabama Department of Mental Health

[AL Dept. of Mental Health](#) offers online peer support, means for finding help, and resources for individuals and families with various needs.

NAMI Alabama

[National Alliance on Mental Health Alabama](#) offers support groups and resources to Alabamians; The families and members of NAMI Alabama offer understanding to anyone concerned about mental illnesses and the treatment of mental illness.

The NAMI Alabama [home page](#) has a map for finding **local affiliates in the state, support groups, resources, and crisis support numbers**.

Alabama Crisis Centers

Part of the Alabama Crisis System of Care, the Crisis Centers are individualized to the unique needs of the communities they serve. Currently there are six centers operating across the state. Find addresses and phone numbers on the website [here](#).

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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Rural Crisis Care and Mobile Crisis Teams

There are many communities, families, and individuals who reside in rural areas without the ability to travel to a Crisis Center or a community mental health center if a crisis should occur. To actively change the model of care and respond to this vital need, the Alabama Department of Mental Health began expanding the Alabama Crisis System of Care to include Mobile Crisis Teams. Find info [here](#).

Resources to Recover (RtoR.org) – A Gateway to Mental Health Services

RtoR.org is a mental health website for families and individuals to connect them with mental health resources. A [state resource directory](#) is available online.

Alabama Mental Health

[Mental Health Provider Directory](#) for finding help throughout the state based on city.

988: Suicide prevention and crisis support.

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

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.