



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

Louisiana

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 Louisiana.
- 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.

Louisiana Rural Mental Health Alliance

The Louisiana Rural Mental Health Alliance is a grassroots organization made up of mental health rehabilitation providers, patients, family members, & community members who want to improve behavioral and mental health care in Louisiana. Learn more [here](#).

Louisiana Department of Agriculture & Forestry

- [Stay Rooted Louisiana](#)
 - The Stay Rooted Louisiana program is one of the department's newest initiatives and aims to reduce farm stress among our agriculture communities. The program's goals are to raise mental health awareness, provide training, and build resources. With Stay Rooted Louisiana, LDAF will focus on sharing tools and information to better equip Louisiana's farming community to deal with Farm Succession, Financial Management, and Disaster Preparedness.

Louisiana Department of Health and Office of Behavioral Health

- [Louisiana Spirit Crisis Counseling Program](#) (commonly referred to as "**Louisiana Spirit**")
 - Louisiana Spirit provides adult and child needs assessment and referral to additional disaster relief services or mental health, counseling goals to assist disaster survivors in understanding their current situation and reactions, mitigate stress, review their disaster recovery options, and provide general support/information on resources and services available.
 - Collaborates with the LDH/OBH to offer disaster mental health interventions, which includes outreach crisis counseling and education to families, staff of local governments, rescuers, disaster first responders, business owners, religious communities, and other special populations. **Free stress management services** are available for employees of public, private and non-profit entities statewide.

Louisiana Spirit Youth Program Curriculum

[Healing After Trauma Skills \(HATS\)](#)

[Support for Students Exposed to Trauma \(S.S.E.T.S.\)](#)

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.