



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

### **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](#).