



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

## Michigan

**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 Michigan.
- 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>

### Michigan State University

- MSU [Managing Farm Stress Program](#)
  - MSU's **Farm Stress Program** is now equipped to connect farmers experiencing stress and mental health issues with [teletherapy](#). MSU has partnered with [Pine Rest Mental Health Services](#) to better support farmers, farm families and workers in the commercial fishery industry who are experiencing stress and mental health concerns. Through this teletherapy pilot program, farmers and commercial fishers are connected to online counseling services with therapists who have an understanding of the agricultural community and farming. Financial assistance is available on a first-come-first-served basis.
- Other Helpful MSU Resources:
  - Managing Stress on the Farm: [Managing Farm Stress](#)
  - Financial Management Resources: [Online Financial Resources](#)

### 211 Michigan

- [Michigan 2-1-1](#) is a free service that connects Michigan residents with help and answers from thousands of health and human services agencies and resources right in their communities—quickly, easily, and confidentially.
- Dial 2-1-1 or 844-875-9211, chat online, or search the website for resources.
- Don't see what you're looking for online? **Dial 2-1-1 or text your zip code to 898211—24 hours a day, 7 days a week—to get fast, free, confidential help.** Trained staff is always available to help you find what you need.

*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.*