



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

Mississippi

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 Mississippi.
- 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.

Mississippi Department of Mental Health

Helpline: 1-877-210-8513

- Individuals also can search for mental health providers near them at:
<http://msdmh.ongovcloud.com/public>

Mississippi State University's Extension

- **"Farm Stress" Initiative**
 - By focusing on mental health first aid, Mississippi State University is providing resources to help farm families better manage the stress factors involved in their daily lives and livelihoods.
- **Mental Health First Aid Course**
 - For adults in rural Mississippi, Extension offers Mental Health First Aid, **an 8-hour course** that teaches individuals how better to identify, understand, and respond to signs of mental health problems or crises, such as substance-use disorders.
 - Opioid-use disorder and mental health go hand in hand. Not only is opioid-use disorder a mental health problem, but often individuals try to cope with underlying mental health problems, such as depression or anxiety, with opioids or other substances.
 - MSU Extension offers both Adult and Youth Mental Health First Aid training. Extension has certified instructors strategically placed throughout Mississippi, and Extension agents are trained to provide this support and assistance to the residents they work with. For more information about the training or scheduling a session, please please [contact David Buys](#), State Health Specialist or [Mary Nelson Robertson](#), project coordinator.

[Choose Healthy Coping Strategies for Stress](#)

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.