



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

## **National Emotional Wellbeing Resources**

An array of national resources exists—both general and specifically for farmers and farm families— to address emotional concerns ranging from temporary stress or ongoing struggles with anxiety to depression and thoughts of suicide.

Most of these resources have multiple language and disability options. There are resources for people currently struggling with emotional issues and for their friends and family to understand how and where to seek help.

Almost all states have additional local and regional resources available, including in many instances information on telehealth options, links to financial resources, and contacts with local government offices that may be able to assist with farm operation issues, including aid options.

Below, please find national help options, including urgent needs. While this list and those of the state resources are by no means exhaustive, ASA hopes they will be helpful in seeking qualified professional care.

### **National Resources – General**    *(Scroll Down for Ag-Specific Resources)*

#### **988 Suicide & Crisis Lifeline: Call or text for immediate help**

**The 988 Suicide & Crisis Lifeline** (formerly known as the National Suicide Prevention Lifeline) provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices.

This new **three-digit dialing code** will route callers to the National Suicide Prevention Lifeline. While some areas may be currently able to connect to the Lifeline by dialing 988, **this dialing code is now available to most states across the U.S.**

**When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network.** These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

**The current Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis, even after 988 is launched nationally.**

#### Crisis Text Line

Those who are uncomfortable with speaking on the phone can text HOME or *any opening word* to **741741** to speak with a trained crisis counselor at [Crisis Text Line](#).

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## Mental Health America

Not an emergency but just need to talk?

[Find a “warmline” in your state](#)

- [MHA](#) is dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all Americans.
- Take the MHA **3-minute screening tool** and progress monitor for depression, anxiety, PTSD and bipolar disorder. [Get Started](#)
- Access the MHA [support community](#) through Inspire, which enables individuals to connect on a variety of issues and topics related to mental health.
- Skim resources for finding therapy [here](#).

## Minority-owned resources for all persons

**Shine App**, a daily wellness [app](#) that can help you struggle less with anxiety.

**Shine Podcast**, [“Friends with Mental Health Benefits”](#)

[Substance Abuse and Mental Health Services Administration](#) of the U.S. Department of Health & Human Services

- SAMHSA's **National Helpline** [1-800-662-HELP \(4357\)](#) or TTY: [1-800-487-4889](#) for deaf, speech impaired, hard of hearing - is known as the Treatment Referral Routing Service. This Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.
- Again, the **National Suicide Prevention Lifeline** [1-800-273-TALK \(8255\)](#) TTY: [1-800-799-4889](#) is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in the national network of more than 150 crisis centers.
- **Veteran's Crisis Line** [1-800-273-TALK \(8255\)](#) TTY: [1-800-799-4889](#) and **press 1**. Connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs respondersthrough a confidential, toll-free hotline, online chat or text.
- Find treatment in your area [here](#) with the **Behavioral Health Treatment Services Locator**.

## **Questions about Counseling**

- **I would like to find a counselor. Where and how do I find help?**  
<http://www.therapistlocator.net>  
<https://www.psychologytoday.com>  
[http://www.networktherapy.com/directory/find\\_therapist.asp](http://www.networktherapy.com/directory/find_therapist.asp)  
<https://members.adaa.org/search/custom.asp?id=4685>
- **How do I know if my insurance covers counseling?**  
[Important Questions for Your Therapist & Insurance Carrier](#) from [Anxiety & Depression Association of America](#)

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## National Resources - Farm Specific

### American Farm Bureau Federation

- Farm Bureau's [Farm State of Mind](#) program offers a very [all-encompassing resource directory here](#), including handouts and web links.
- Follow [#FarmStateofMind](#) on Facebook and Twitter, and check in regularly on the Farm Bureau website for new resources.

### Avera Health System's Farm and Rural Stress Hotline

#### **Farm & Rural Stress Hotline: 800-691-4336**

Farmers, ranchers, and people who live in rural communities can call 1-800-691-4336 **24 hours** a day. The call is free and confidential. The hotline is staffed by trained assessment counselors who put callers in touch with local mental health resources.

### Rural Minds

Rural Minds' mission is to serve as the informed voice for mental health in rural America and to provide mental health information and resources.

[Visit their website](#) for a very encompassing list of resources available to rural communities and how to seek help or simply ask questions of the right contacts.

### National Farmers Union Farm Crisis Center

The [NFU Farm Crisis Center](#) offers national and local resources to farmers, including disaster, drought, and mediation resources.

### Rural Health Information Hub

The RHI hub is designed to serve both as an introduction to rural response to farmer mental health and suicide prevention and as a reference that collects "best of the best" resources: documents, organizations, tools, funding opportunities, news items, events, and program examples.

<https://www.ruralhealthinfo.org/topics/farmer-mental-health>

### Man Therapy—Because you can't just rub dirt on your feelings

Working-aged men are least likely to seek or receive mental health care. They do not talk about it with their friends, and they do not share it with loved ones. Man Therapy® gives men the resources they desperately need to face the perils life puts in front of them. The website includes videos covering many ways to address everything from addictions to anxiety to suicide. There are live chat and phone crisis lines where men listen to men. To learn more about Man Therapy®, visit [mantherapy.org](http://mantherapy.org).

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## Farm Aid

- Farm Aid Farmer Hotline: **1-800-FARM-AID**
- If you need to talk to someone directly, Farm Aid is there to listen. You can call their farmer hotline at 1-800-FARM-AID (1-800-327-6243) or reach them by email at [farmhelp@farmaid.org](mailto:farmhelp@farmaid.org).
- Your information will be kept confidential.
- Farm Aid's online [Farmer Resource Network](#) connects farmers to an extensive network of organizations across the country that help farmers find the resources they need to access new markets, transition to more sustainable and profitable farming practices, and survive natural disasters.
- About: Yes, this is the same Farm Aid you may recall pitching in during the 1980s farm crisis. Willie Nelson, Neil Young and John Mellencamp organized the first Farm Aid concert in 1985 to raise awareness about the loss of family farms and to raise funds to keep farm families on the land. Dave Matthews also joined the Farm Aid Board of Directors in 2001. 30-something years later, Farm Aid has raised \$64 million to promote a strong and resilient family farm system of agriculture. Farm Aid is a nonprofit organization whose mission is to keep family farmers on the land. Alongwith producing great music to support farms, Farm Aid support the emotional wellbeing of farmers and farm families through online resources and its call line.

## Ag State of Mind weekly podcast with farmer Jason Medows

- Empathy can often be the best form of medicine, so tune in to Jason's weekly podcast to hear from a farmer who understands farm stress.
- "Ag State of Mind with Jason Medows" podcast is available on the Global Ag Network at <https://globalagnetwork.com/ag-state-of-mind-with-jason-medows/>
- Participate in the conversation on Jason's blog at <https://agstateofmind.health.blog/> or on Facebook, Instagram or Twitter @AGStateofMind1.

## National Young Farmers Coalition

Your [local chapter](#) can be a great resource for seeking help.

[Farm and Ranch Family Stress and Depression: A Checklist and Guide for Making Referrals](#) from Colorado State University Extension Program

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## **Know the warning signs of stress**

**Physical signs** include headaches, back and neck muscle aches, fatigue, labored breathing, weight gain, rising blood pressure, stomach issues, and sweating.

**Emotional signs** include anger, restlessness, irritability, inability to sleep and relax, increased alcohol or drug use, and withdrawal from others.

- Slow down
- Get a physical checkup
- Seek local resources, including clergy, medical professionals, or others
- Talk with other farm families and neighbors
- Exercise daily
- Take regular breaks throughout the day