



**Farm Stress Resources by Soy State**  
**National Farm Stress Resources for U.S. and Canada**  
**May 1, 2024**  
**#SoyHelp**

## **Nebraska**

**Nebraska Rural Response Hotline: 1-800-464-0258**

### University of Nebraska

University of Nebraska Extension is raising awareness of farm stress and offering tools and resources to help in response to growing concerns about well-being support for farmers, farm workers, and their families. Extension educators from across Nebraska have compiled a variety of resources for rural Nebraskans [here](#).

- These include online mental health screening, videos, podcasts and other resources.

### Nebraska State

For help finding suicide prevention resources in your area:

<http://www.suicideprevention.nebraska.edu/>

This is *not* a hotline, but a resource for finding local information that could be helpful for friends and family of those at risk.

### Bryan Health

Online Mental Health Screening

- Take a few minutes to take a [free mental health screening](#) to determine if you or someone you care about should connect with a behavioral health professional. This screening is completely anonymous and confidential.

*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.*