



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

## **New Jersey (Mid-Atlantic)**

### NJ Hope Line

This is NJ's peer [support and suicide prevention hotline](#). Specialists are available for confidential telephone counseling and support 24 hours a day, 7 day per week.

**Suicide prevention hotline: 855-654-6735**

### Rutgers Cooperative Extension

- [Dealing with Stress on the Farm During Trying Times](#)
- [Cultivating a Farm State of Mind About Mental Health](#)

### Mental Health Association in New Jersey

- [NJ Mental Health Cares](#), the state's behavioral health information and referral service, now offers help to people dealing with anxiety and worry. New Jersey residents can call **1-866-202-HELP (4357)** for free, confidential support from 8am-8pm, 7days a week, and messages will be returned. TTY: 1-877-294-4356
- Or, email [help@njmentalhealthcares.org](mailto:help@njmentalhealthcares.org)

### NJ Department of Human Services

- **For mental health information and referrals, call toll-free (800) 382-6717**
- The Division of Mental Health and Addiction Services, in collaboration with the Division of the Deaf and Hard of Hearing, offers a videophone helpline for individuals who are deaf and/or hard of hearing to access emotional support during the COVID-19 pandemic. Individuals who are deaf and/or hard of hearing can call **973-870-0677 VP**, Monday to Friday from 9:00 am to 5:00 pm.

### 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](#).

*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.*