



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

## Oklahoma

### OK Department of Mental Health & Substance Abuse

#### **OK 24/7 Reach Out Hotline 1-800-522-9054**

**Reach-Out** is the ODMHSAS's 24-hour toll free information and referral hotline. A resource for all Oklahomans, Reach-Out is there for individuals in a crisis and for those who simply want information. All calls are free and confidential.

### Oklahoma State University

#### [Farm Stress](#)

[Oklahoma Local County Resources](#) for mental health, counseling, financial planning & more. Some counties have more resources than others, so take a look at some of the resources in neighboring counties if you are unable to find what you are looking for and contact the service providers directly to learn more information about specific services provided, eligibility, etc.

### Heartline Oklahoma

**Call [2-1-1](#) or text your zip code to [898-211](#).**

[HeartLine](#) connects Oklahomans to help, hope and information – 24 hours a day. As Oklahoma's suicide-prevention experts and 24-hour crisis contact center, Heartline operates a comprehensive support system structured to effectively bring resources and compassionate, nonjudgmental support to Oklahomans in need and to prevent suicide in our communities.

### Oklahoma Farm Bureau

Farm Bureau [Stress & Mental Health Resources](#)