



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

Pennsylvania (Mid-Atlantic)

PA Crisis Text Line

Text PA to 741741 24/7 for help.

PA Department of Health

[Pennsylvania Behavioral Health Websites](#) (Listed by County)

Penn State Extension

Penn State Extension has developed an online resource guide with printable information for producers facing mental health and stress issues: [Mental Health and Stress for Agricultural Producers](#)

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.