

Stress and Mental Health Resources

- Center for Rural Affairs: <http://www.cfra.org/news/180130/10-helpful-resources-farmers>
- Crisis Text Line: Text "CONNECT" to 741741: <https://www.crisistextline.org/textline/>
- National Suicide Prevention Lifeline: #988
- National Suicide Prevention Lifeline Crisis Chat:
<https://suicidepreventionlifeline.org/talk-to-someone-now/>
- Veterans Crisis Line: 1-800-273-8255, Press 1 or chat option: <https://www.veteranscrisisline.net/>
- American Foundation for Suicide Prevention <https://afsp.org>
- National Postpartum Depression Hotline 1.800.PPD.MOMS (773.6667)
- SAMHSA's National Helpline – 1-800-662-HELP (4357)
- Children's Mental Health Matters! – Mental health resources for children and teens in both English and Spanish. <https://www.childrensmentalhealthmatters.org/>

Maryland Resources

- Maryland's Crisis Connect Hotline is available 24 hours/7 days a week to provide support, guidance and assistance. **Call 211, press 1.**
- Maryland Network of Care - The Network of Care now offers portals for consumers to search health and human services by county. <http://www.maryland.networkofcare.org/>
- The Pro Bono Counseling Project - Free Therapy in Maryland. Therapists may assist families, couples and individuals. Call at 410-825-1001 or 877-323-5800 for a confidential phone interview.
<http://probonocounseling.org/>
- Center for Healthy Families - A couple and family therapy clinic housed in the Department of Family Science at the UMD, College Park. Offering services including: couple, family, individual therapy and parent education. <https://sph.umd.edu/department/fmsc/center-healthy-families-0>
- National Alliance on Mental Illness: Maryland - The nationwide grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.
<http://namimd.org/> Toll-Free: 1-877-878-2371, Local: 410-884-8691, Text NAMI to 741741

- Mid Shore Behavioral Health Inc. Public Behavioral Health Services in Caroline, Dorchester, Kent, Queen Anne's and Talbot counties of Maryland. Crisis Support Hotline: 888-407-8018, <https://www.midshorebehavioralhealth.org/> Phone: 410-770-4801

Self-Screening Resources

- Mental Health of America: <https://screening.mhanational.org/screening-tools/>

Financial and Legal Education Resources

- Extension Foundation: Financial Security for All <https://personal-finance.extension.org/>
 - Wide variety of resources for Land Grant Universities from across the country
- Ag Risk + Farm Management Library. <https://agrisk.umn.edu/>
 - Online Library with lots of resources for Land Grant Universities from across the country
 - Managing Money in Tough Times: Taking Charge in Challenging Times
- Maryland Agriculture Law Education Initiative: <http://umaglaw.org/>
 - Blog, podcast and handouts on a wide range of legal topics
 - Maryland Agriculture Law Directory
- University of Maryland Extension: <https://extension.umd.edu/>
 - Agribusiness Management & Ag Marketing resources
 - Farm Stress Management
- University of Delaware Cooperative Extension: <https://www.udel.edu/>
 - Creating Thriving Farms – Tools you Can Use with Farmers, Professionals and Communities (Video)
- University of Wisconsin-Madison Division of Extension
 - Getting Through Tough Times <https://finances.extension.wisc.edu/article-topic/getting-through-tough-times/>

UME Farm Stress Website: www.go.umd.edu/farmfamily

Join our Email List: www.go.umd.edu/fscontact

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