

Behavioral Health Resource List

COVID-19 Pandemic and Beyond

FARM STRESS

Publications

Manage Stress to Increase Farm Safety.

Go to <https://store.extension.iastate.edu/product/4617>

Managing Farm and Business Stress.

Go to <https://www.extension.iastate.edu/agdm/wholefarm/html/c6-51.html>

Care of the Family During Adverse Times on the Farm.

Go to <https://www.extension.iastate.edu/agdm/wholefarm/html/c6-53.html>

Good Communication Can Help Solve Problems.

Go to <https://www.extension.iastate.edu/agdm/wholefarm/html/c6-56.html>

Techniques for Dealing with Difficult People.

Go to <https://www.extension.iastate.edu/agdm/wholefarm/html/c6-50.html>

Websites

Iowa's Center for Agricultural Safety and Health (I-CASH) works to improve the health and safety of the agricultural population by developing statewide prevention and educational initiatives. Go to <https://icash.public-health.uiowa.edu/about-us/>

Ag Decision Maker is an agricultural economics and business website that provides information, resources and decision tools for farmers, lenders, farm managers, agriculture instructors and others.

Go to <https://www.extension.iastate.edu/agdm/homepage.html>

Integrated Crop Management (ICM). Resources, tools, and information specific to crop production and management. Go to <https://crops.extension.iastate.edu/>

Farm Financial Planning. Farm Financial Planning is Iowa State University Extension and Outreach's farm financial analysis program. It consists of one-on-one financial counseling, a computerized analysis of the farm business, and referral to other extension programs or outside services that may be useful.

Go to <https://www.extension.iastate.edu/farmanalysis/>

eXtension Ag Safety and Health provides ways to manage stress.

Go to <https://ag-safety.extension.org/production-agriculture-and-stress/>

North Dakota State University Extension - Farm and ranch stress resources from NDSU Extension.

Go to <https://www.ag.ndsu.edu/farmranchstress>

Michigan State University Extension - Farm stress resources offered by MSU Extension.

Go to https://www.canr.msu.edu/managing_farm_stress/

Kansas Ag Stress. Stress resources offered by the Kansas Department of Agriculture.

Go to <https://www.kansasagstress.org/>

Ohio State University Extension - Rural and farm stress resources from OSU Extension.

Go to <https://extension.osu.edu/about/resources/extension-task-forces/rural-and-farm-stress>

Iowa Mediation Service is a non-profit organization dedicated to solutions for farmers, families, and anyone who may find themselves in need of a dispute resolution expert. Mediation provides a low-cost, low-risk solution to resolving financial, property, or personal conflicts.

Go to <http://www.iowamediationservice.com/>

Farmtown Strong. The American Farm Bureau Federation and National Farmers Union have teamed up to bring attention to the opioid epidemic and provide information and resources to help those struggling with opioid abuse. Go to <https://farmtownstrong.org>

MENTAL HEALTH

Publications

Stress Taking Charge Series:

All About Stress / Estrés: Cómo tomar el control.

Go to <https://store.extension.iastate.edu/product/5165>

Managing Stress in Young Families. Go to <https://store.extension.iastate.edu/product/5166>

Managing Stress in Midlife Families. Go to <https://store.extension.iastate.edu/product/5168>

Managing Stress in Later Life Families. Go to <https://store.extension.iastate.edu/product/5169>

Helping Children Manage Stress. Go to <https://store.extension.iastate.edu/product/5170>

Common Stresses for Parents of Teens. Go to <https://store.extension.iastate.edu/product/5167>

Coping with Unemployment / Cómo LIDIAR con el desempleo.

Go to <https://store.extension.iastate.edu/product/5173>

Encouraging a Friend to Seek Professional Help

Go to <https://store.extension.iastate.edu/product/Encouraging-a-Friend-to-Seek-Professional-Help>

How to Help "When You Don't Know What to Say"

Go to <https://store.extension.iastate.edu/product/4623>

Websites

Finding Answers Now is a one stop for trusted resources on personal finance, stress and relationships, and nutrition and wellness. Materials available in Spanish.

Go to www.extension.iastate.edu/humansciences/content/finding-answers-now

The **Centers for Disease Control and Prevention** (CDC) offers information and frequent updates on COVID-19 related and other issues.

Go to <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

The **World Health Organization** (WHO) directs global health responses and offers many resources on COVID-19. They also provide many of their resources in a variety of languages.

Go to <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

The **National Institutes of Health (NIH)** has extensive research-based information on COVID-19. Go to <https://www.nih.gov/health-information/coronavirus>

National Alliance on Mental Illness (NAMI) Iowa provides support groups and education to outreach and mental health advocacy. NAMI IOWA works to provide the tools needed by friends, families and persons with mental illness of all ages.
Go to <https://namiowa.org/about-nami-iowa/>

American Psychological Association (APA) promotes the advancement, communication, and application of psychological science and knowledge. Website provides information on utilizing psychology to make a positive impact on critical societal issues.
Go to <https://www.apa.org/>

Mental Health America addresses the needs of those living with mental illness and promoting the overall mental health of all Americans.
Go to <https://www.mhanational.org/about>

The National Center for Complementary and Integrated Health offers relaxation techniques that can help a variety of health conditions.
Go to <https://nccih.nih.gov/health/stress/relaxation.htm#hed2>

The National Institute for Mental Health (NIMH) offers Five Action Steps for Helping Someone in Emotional Pain. Go to <https://www.nimh.nih.gov/health/publications/5-action-steps-for-helping-someone-in-emotional-pain/index.shtml>

The Mayo Clinic offers mindfulness tips as a research-based way to lower your stress and boost your physical and emotional health.
Go to <https://newsnetwork.mayoclinic.org/discussion/covid-19-tips-for-mindfulness-coping-with-anxiety/>

HOTLINES

Iowa Concern: 1-800-447-1985, offers 24/7 free assistance and referral for stress counseling, legal education, and financial concerns. The program began in 1985 as a toll-free number serving the agricultural community. Today, the Iowa Concern hotline serves urban as well as rural Iowa.
Go to www.extension.iastate.edu/iowaconcern

National Suicide Prevention Lifeline: 1-800-273-8255 (TALK), provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Go to suicidepreventionlifeline.org

SAMHSA Disaster Distress Helpline: 1-800-985-5990. Press 2 for Spanish language support [En Español]. Provides 24/7 crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

Your Life Iowa: Call 1-855-581-8111 or text 1-855-895-8398. This Iowa Department of Public Health created hotline is available so Iowans can chat live, text, or call and get reliable information and treatment options, and find nearby help. Also provides website to locate state recognized community mental health center substance use treatment centers at <https://yourlifeiowa.org/finder>.

Veterans Crisis Line: 1-800-273-TALK (8255), Press #1 or Text 838255. The lifeline provides 24/7, free and confidential support for all veterans, all service members, National Guard, and their family members. Their caring responders are specially trained and experienced in helping veterans of all ages and circumstances.

National Domestic Violence Hotline: 1-800-799-7233 has 24/7 confidential support for people experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship. Or go to <https://www.thehotline.org/> for the chat option.

Teen Line: 1-800-443-8336 is a safe place for Iowa teens to call 24/7 so they can get the right information to make better health decisions for themselves. For more information on the Teen Line go to www.extension.iastate.edu/teenline/

TRAINING OPPORTUNITIES

Mental Health First Aid (MHFA)

- Training focuses on mental health literacy and skills to help someone experiencing a mental health crisis
- For more information and to locate program offerings across Iowa, go to <https://www.extension.iastate.edu/humansciences/MHFA>

Question.Persuade.Refer. (QPR)

- 1-1½ hour program designed to teach lay people and professionals about the warning signs of a suicide crisis and the appropriate responses
- For more information and to locate program offerings go to <https://www.extension.iastate.edu/humansciences/QPR>
- Available virtually until May 28, 2020

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