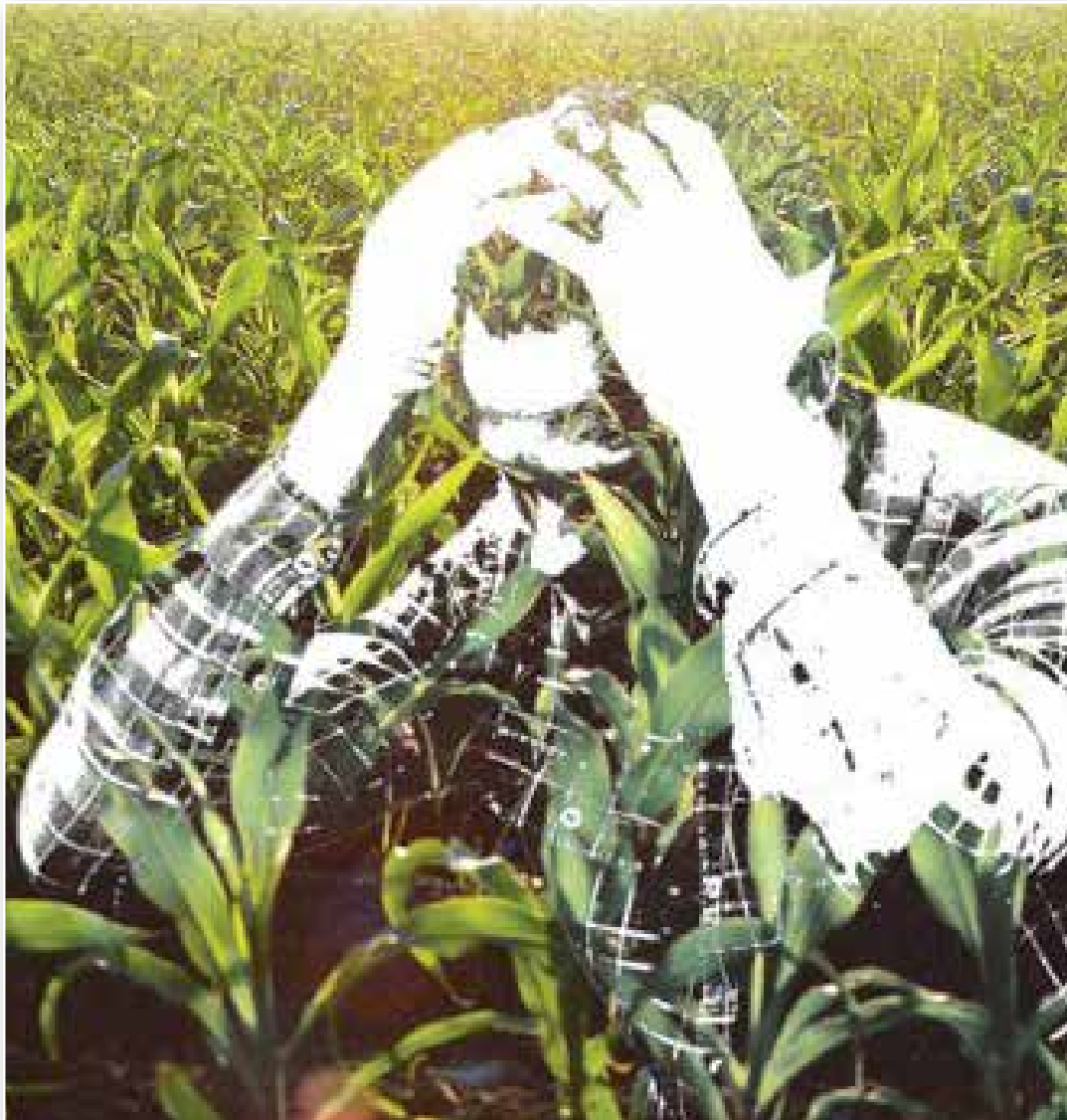


NC FARM STRESS RESOURCE DIRECTORY



NOVEMBER 2022



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PURPOSE AND INTENDED AUDIENCE

This document is intended to provide resource information for farmers, farmworkers, fishermen, loggers, their families and agricultural-related organizations seeking assistance with stress and other behavioral health issues.

SUPPORT AND ACKNOWLEDGEMENTS

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ADDITIONAL COPIES

Additional copies of this document are available by contacting the North Carolina Agromedicine Institute at 252.744.1008 or by visiting www.ncfarmstress.org and clicking on the 'Programs & Services' tab.

HAVE A RESOURCE TO SHARE?

If you know of a farm-related stress resource that's not included in this document, please call the NC Agromedicine Institute at 252-744-1008 or email Dr. Robin Tutor Marcom tutorr@ecu.edu Thanks!

LEGEND

♥ MOBILE CRISIS MANAGEMENT

📺 TELEMEDICINE

🚚 MOBILE HEALTH CARE

** if no symbol denoted, clinical site is offered

TIPS FOR FINDING A COUNSELOR OR OTHER BEHAVIORAL HEALTH SERVICES

- Ask your primary care physician for assistance
- Have healthcare insurance? Phone your insurance carrier to determine which behavioral healthcare providers are covered by your plan
- Have off-farm employment? Check to see if your employers' benefit package includes an Employee Assistance Program

No health insurance? Counseling/therapy services are available to farmers, ranchers, farmworkers, their family members and others in the agricultural community thanks to support from the North Carolina Tobacco Trust Fund Commission and North Carolina Department of Agriculture and Consumer Services (US Department of Agriculture). To receive help with cost of services, contact the Farm and Ranch Stress Assistance Network by email: info@ncfarmstress.org or phone: 1.844.325.3276 or 252.744.1008.

CRISIS AND HELP LINES

Crisis Text Line <https://www.crisistextline.org/>

Text 741741 to talk with a trained crisis counselor from the Crisis Text Line

Farm Aid In-house Farm Advocate www.farmaid.org

1-800-FARM-AID (1-800-327-6243) weekdays

Refers farmers to an extensive network of family farm and rural support organizations. Referrals provide support to farm families in crisis and farmers seeking to transition to more sustainable farming practices, as well as for individuals looking to become farmers.

Farmer Crisis Hotline <https://rafiusa.org/hotline/>

919-542-1396, press #1

866-586-6746

Available Monday-Friday from 9am-6pm through RAFI for any farm crises. Farm advocacy offered.

Hopeline <https://www.hopeline-nc.org/>

919-231-4525

1-877-235-4525

Call or text for caring, non-judgmental listening and resource information through United Way 211 program

National Suicide Prevention Lifeline

To learn more about helping someone in crisis, visit <https://suicidepreventionlifeline.org/> or call the hotline anytime

988 or 1-800-273-TALK(8255)

1-800-799-4889 (deaf/hard of hearing)

If stress and depression have gotten to be too much, talk with someone! Help awaits.

NC 211 <https://www.nc211.org>

Dial: 211 or use website

Offers help with food, housing, disaster relief, employment and education, veteran services, health care and epidemic information, addiction prevention, rehabilitation programs, support groups for mental illness and special needs, confidential path out of physical and/or emotional domestic abuse.

NC Farm Helpline

1-844-325-3276

Not sure which crisis or help line to call? The NC Farm Helpline can help you find the resource that is best for you.

Veterans Crisis Line

<https://www.veteranscrisisline.net/>

988 or 1-800-273-TALK (8255), press '1'

Text 838255 Chat also available

COUNSELORS WITH EXPERIENCE IN AGRICULTURE

Roberta Bellamy, PhD, LMFT

robertabellamy@gmail.com

252-268-2309

3299 Hwy 258N

Kinston, NC 28504

Agricultural behavioral health provider - Experience with farmers & farmworkers.

CareNet Counseling

336-716-7667

Services available in 80 counties. Call for the nearest location. Identify as a North Carolina farmer, farm family member or farm worker to receive services at no cost.

Deborah Dunn, LMFT

www.deborahdunn.com

smartaboutlife@gmail.com

919-550-2897

Serves Johnston, Wake, and Wilson counties. Offers phone counseling to anyone with an account.

Amanda McGough, Ph.D.

Licensed Psychologist

amanda@findyourbase.com

BASE Cognitive Behavioral

www.findyourbase.com

Phone: 704-910-8381

Fax: 704-981-8282

1515 Mockingbird Lane, Suite 580

Charlotte, NC 28209

Lindy W. Kitchin, LCSW LCAS

Lindy W. Kitchin Counseling PLLC

kitchincounseling@gmail.com

252-578-4344

Sunset Towers

138 Roundabout Court

Rocky Mount, NC 27804

LOCAL MANAGEMENT ENTITIES (LMEs)

LMEs are responsible for managing, coordinating, facilitating and monitoring the provision of mental health, developmental disabilities, and substance abuse services in the area they serve.

Alliance Health Office

5200 W. Paramount Parkway, Suite 200

Morrisville, NC 27560

Phone: 919-651-8401

Fax: 919-651-8672

Crisis Line: 800-510-9132

www.alliancehealthplan.org

Counties Served: Cumberland, Durham, Johnston, Wake

Cardinal Innovations Healthcare Office

550 S. Caldwell St., Suite 1500

Charlotte, NC 28202

Phone: 704-939-7700

Fax: 704-939-7907

Crisis Line: 800-939-5911

www.cardinalinnovations.org

Counties Served: Alamance, Cabarrus, Caswell, Chatham, Davidson, Davie, Forsyth, Franklin, Granville, Halifax, Mecklenburg, Orange, Rockingham, Person, Rowan, Stanly, Stokes, Union, Vance, Warren

Eastpointe Office

514 East Main Street

Beulaville, NC 28518

Phone: 800-913-6109

Fax: 910-298-7180

Crisis Line: 800-913-6109

www.eastpointe.net

Counties Served: Bladen, Duplin, Edgecombe, Greene, Lenoir, Robeson, Sampson, Scotland, Warren, Wayne, Wilson

Partners Behavioral Health Management Office

901 South New Hope Road

Gastonia, NC 28054

Phone: 704-884-2501

Fax: 704-884-2713

Crisis Line: 888-235-4673

www.partnersbhm.org

Counties Served: Burke, Cabarrus, Catawba, Cleveland, Davie, Forsyth, Gaston, Iredell, Lincoln, Rutherford, Stanley, Surry, Union, Yadkin

LOCAL MANAGEMENT ENTITIES (LMEs) (cont.)

Sandhills Center Office

1120 Seven Lakes Drive

West End, NC 27376

Phone: 910-673-9111

Fax: 910-673-6202

Crisis Line: 800-256-2452

www.sandhillscenter.org

Counties Served: Anson, Davidson, Guilford, Harnett, Hoke, Lee, Montgomery, Moore, Randolph, Richmond, Rockingham

Trillium Health Resources Office

201 W. First Street

Greenville, NC 27858-1132

Phone: 866-998-2597

Crisis Line: 877-685-2415

www.trilliumhealthresources.org

Counties Served: Beaufort, Bertie, Brunswick, Camden, Carteret, Chowan, Columbus, Craven, Currituck, Dare, Franklin, Gates, Granville, Halifax, Hertford, Hyde, Jones, Martin, Nash, New Hanover, Northampton, Onslow, Pamlico, Pasquotank, Pender, Perquimans, Person, Pitt, Rowan, Stokes, Tyrrell, Vance, Washington

Vaya Health

200 Ridgefield Court, Suite 206

Asheville, NC 28806

Phone: 828-225-2785

Fax: 828-225-2796

Crisis Line: 800-849-6127

www.vayahealth.com

Counties Served: Alamance, Alexander, Alleghany, Ashe, Avery, Buncombe, Caldwell, Caswell, Chatham, Cherokee, Clay, Franklin, Graham, Granville, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Person, Polk, Rowan, Stokes Swain, Transylvania, Vance, Watauga, Wilkes, Yancey

NC STATEWIDE TELEPSYCHIATRY PROGRAM (NC STeP)

NC Statewide Telepsychiatry Program (NC STeP)

<https://www.ecu.edu/cs-dhs/ncstep/>

Psychiatry appointments are available at a local telehealth site with a psychiatrist from East Carolina University – Brody School of Medicine. Telehealth services are available at the following locations:

ARHS Bertie County

102 Rhodes Ave Windsor, NC 27985
252-794-5322

Camden County

160 US-158, Camden, NC 27921
252-338-4404

ARHS Chowan

202 West Hicks Street Edenton, NC 27932
252-482-6003

Craven County

2818 Neuse Blvd., New Bern, NC 28562
508 Hwy 70 East, Havelock, NC 28532
252-636-4964

ARHS Currituck

2795 Caratoke HWY Currituck, NC 27929
252-232-2271

Duplin County

340 Seminary Street, Kenansville, NC 28349
910-296-2130

ARHS Gates County

29 Medical Center Rd., Gates, NC 27937
252-338-4404

ARHS - Hertford

828 S Academy Street Ahoskie, NC 27910
252-862-4054

Hyde County

1151 Main Street, Swan Quarter, NC 27885
252-926-4387

Martin County

210 W Liberty Street, Williamston, NC 27892
252-791-3101

ARHS Pasquotank County

709 Roanoke Ave, Elizabeth City, NC 27909
252-338-4404

ARHS Perquimans

103 ARPDC Street Hertford, NC 27944
252-426-2100

Beaufort County Health Dept

1436 Highland Drive Washington, NC 27889
252-946-1902

Benson Health

3333 NC-242 Benson, NC 27504
919-894-2011

Carteret OBGYN

3511 John Platt Drive Morehead City, NC 28557
252-247-4297

Erlanger, Andrews

2751 US-19 BUS Andrews, NC 28901
828-321-4510

Erlanger, Hayesville

146 US Hwy 64 E Hayesville, NC 28904
828-389-3608

Vidant Chocowinity

740 Bragaw Lane Chocowinity, NC 27817
252-946-9562

Vidant Multispecialty - Kinston

701 Doctors Dr Suite N, Kinston, NC 28501
252-559-2200

Vidant Roanoke Rapids

1385 Medical Center Drive
Roanoke Rapids, NC 27870
252-537-9176

Vidant Women's Care, Edenton

203 Earnhardt Dr Suite A/ 309 N Broad St
Edenton, NC 27932
252-482-2134

Vidant Women's Care, Keanansville

417 N Main Street Kenansville, NC 28349
910-296-2815

MOBILE BEHAVIORAL HEALTHCARE AND TELEMEDICINE

MOUNTAIN REGION

West NC Cooperative Extension District

♥ **Analenisgi Recovery Center**

828-497-9163 ext. 7550

<https://cherokeehospital.org/locations/analenisgi/>

1 Hospital Rd, Cherokee

North Carolina 28719

24 Hours Mobile Crisis Hotline: 1 (888) 315-2880

Offers outpatient individual, family, and group therapy, psychiatric evaluation, medication management, anxiety program, mental health and substance abuse treatment services, mobile crisis management and inpatient treatment.

♥ **Appalachian Community Services**

888-315-2880 (Emergency Line)

<https://www.acswnc.com/>

Serves Clay, Cherokee, Graham, Haywood, Macon, and Swain counties

Offer crisis services, outpatient therapy, adult recovery unit, peer support, medication management.

🏠 **Blue Ridge Community Health Services**

828-692-4289

<https://www.brchs.com/>

Serves Buncombe, Haywood, Henderson, Jackson, Polk, Rutherford, Swain and Transylvania counties as a primary care “medical home” offering family and pediatric medicine, pregnancy care, behavioral health, dentistry, pharmacy, lab, radiology, ultrasound, and community and migrant outreach and health education.

♥ **Catawba Valley Behavioral Healthcare**

<https://www.cvbh.org/>

Crisis Hotline 828-695-2511

Hickory Clinic 828-695-5900

327 1st Ave NW

Hickory, NC 28601

Morganton Clinic 828-624-1900

301 E Meeting St., Suite 104

Morganton, NC 28655

Offers outpatient treatment, peer support, mobile crisis management, and primary care.

🏠 **Meridian Behavioral Health Services**

828-631-3973

<http://meridianbhs.org/>

Serves Buncombe, Clay, Cherokee, Graham, Haywood, Jackson, Macon, Swain, and Transylvania counties

Offers medication management, psychosocial rehabilitation services, peers assisting in community engagement, and substance abuse intensive outpatient.

MOBILE BEHAVIORAL HEALTHCARE AND TELEMEDICINE MOUNTAIN REGION (cont.)

♥ Phoenix Counseling and Crisis Centers

855-527-4747 (Crisis Line)

<https://www.phoenixcc.us/>

Crisis services offered at Gastonia and Shelby locations with 24/7 crisis walk-in

Mobile Crisis Services available in Cleveland, Lincoln, and Gaston Counties

Gastonia Outpatient, Crisis & Recovery Center

2505 Gaston Memorial Drive

Gastonia, NC 28054

704-842-6359 (Outpatient line)

704-854-4196 (Crisis & Recovery Center)

Lincolnton Outpatient

510 South Aspen St

Lincolnton, NC 28092

704-735-7325

Shelby Outpatient

804 N. Lafayette Street

Shelby, NC 28150

704-476-4106

Cleveland Crisis & Recovery Center

609 N. Washington St

Shelby, NC 28150

704-751-3693

♥ RHA Health Services

1-800-848-0180 (non-emergency)

1-888-573-1006 (mobile crisis management)

<https://rhahealthservices.org/service-descriptions/crisis-services/>

West Team serves Alexander, Buncombe, Caldwell, Henderson, Madison, McDowell, Mitchell, Polk, Rutherford, Transylvania and Yancey counties.

🚚 Vecinos Farmworker Health Program

828-293-2274

www.vecinos.org

3971 Little Savannah Road, 173 Heath & Human Sciences Building, Cullowhee, NC 28723

Spanish speaking providers available for behavioral, primary and preventive care.

MOBILE BEHAVIORAL HEALTHCARE AND TELEMEDICINE

PIEDMONT REGION

North Central and South Central NC Cooperative Extension Districts

♥ **Alliance Health**

<https://www.alliancehealthplan.org/>

Mobile Crisis Management available when call is made to the Access and Information Center

Crisis and Assessment Center Locations:

Behavioral Health Division, Johnson County Health Department

521 North Brightleaf Blvd, Smithfield, NC 27577
800-510-9132

Cumberland Recovery Response Center

1724 Roxie Avenue, Fayetteville, NC 28304
800-510-9132

Durham Recovery Response Center

309 Crutchfield St, Durham, NC 27704
919-560-7305

UNC Health Care at WakeBrook

107 Sunnybrook Rd, Raleigh, NC 27610
984-974-4800

Community Mental Health Center at Cape Fear Valley

910-615-4000

<http://www.capefearvalley.com/hospitals/bhc.html>

1638 Owen Drive
Fayetteville, NC 28304

Offers walk-in screening and triage, 24/7 crisis evaluation services, emergency psychiatric care and in-patient services.

♥ **Daymark Recovery Services**

866-275-9552 (24-Hour Crisis Hotline)

800-273-8255 (Suicide Prevention Lifeline)

<https://www.daymarkrecovery.org/>

Operate in 33 offices across North Carolina under Cardinal Innovations Healthcare, Partners Behavioral Health Management, Sandhills Center, and Vaya Health. Offer mobile crisis management, outpatient substance abuse, outpatient mental health, and walk-in crisis.

🎥 **El Futuro**

919-688-7101

<https://elfuturo-nc.org/>

2020 Chapel Hill Rd, Suite 23
Durham, NC 27707

401 N. Ivey Ave
Siler City, NC 27344

Provide telepsychiatry and teletherapy consultations to clinics serving the Latino community in historically rural or under-served counties. Current partnerships with Episcopal Farm Worker Ministry in Dunn, NC, 21st Century Counseling, PLLC in Rockingham, NC, and Good Samaritan Clinic in Morganton, NC.

MOBILE BEHAVIORAL HEALTHCARE AND TELEMEDICINE PIEDMONT REGION (cont.)

♥ 🏠 **Freedom House Recovery Center**

919-942-2803

Chapel Hill Crisis Unit 919-967-8844

Mobile Crisis Unit 866-275-9552

Orange and Person County Mobile Service 1-877-967-8444 ♥

<https://freedomhouserecovery.org/>

Offices in Chapel Hill, Durham, Franklinton, Norlina, Pittsboro, Roxboro, Vance, Yanceyville and Warrenton that offer crisis, outpatient, and residential counseling services based on location.

🏠 **MindPath Care Centers**

855-501-1004

<https://www.mindpathcare.com>

Serves Asheville, Cary, Carboro, Chapel Hill, Charlotte, Clayton, Concord, Durham, Greenville, Huntersville, Pineville, Raleigh, Wake Forest Wilmington, and Wilson.

♥ **Monarch**

866-272-7826 (Service Line)

800-568-9689 (Mobile Crisis Line)

800-913-6109 (Eastpointe Mobile Crisis Management)

704-986-1500 (Spanish Service)

<https://monarchnc.org/>

For clinical services

Crisis Service Locations:

Lumberton Facility-Based Crisis Center

207 West 29th St, Lumberton, NC 28358
910-618-5606

Wake Behavioral Health Urgent Care

319 Chapanoke Rd, Suite 120, Raleigh, NC 27603
919-703-2845

SECU Youth Crisis Center

1810 Back Creek Dr, Charlotte, NC 28213
844-263-0050 (toll-free) 704-206-2342 (local)

♥ **Santé Group**

Mecklenburg County Crisis (CriSyS)

704-566-3410 (select option 1)

<https://www.thesantegroup.org/>

Serves Mecklenburg county.

Mobile crisis team available that can be dispatched by 911.

♥ **Therapeutic Alternatives, Inc.**

1-877-626-1772 (Mobile Crisis)

336-495-2700

<https://www.mytahome.com/>

Offers mobile crisis management. Serves Anson, Chatham, Cumberland, Guilford, Harnett, Hoke, Johnston, Lee, Montgomery, Moore, Randolph, Richmond and Wake Counties.

MOBILE BEHAVIORAL HEALTHCARE AND TELEMEDICINE PIEDMONT REGION (cont.)

UNC School of Nursing Mobile Health Clinic

Marianne Cockroft – Clinical Associate Professor, UNC School of Nursing
919-966-5321

son_mobilehealth@unc.edu

<https://nursing.unc.edu/projects/mobile-health-clinic>

Serving all of Wake County.

Dorcas Ministries

919-819-0365

187 High House Road, Cary, NC

Clinical services offered, as well as mental health screenings.

MOBILE BEHAVIORAL HEALTHCARE AND TELEMEDICINE COASTAL REGION

Northeast and Southeast Cooperative Extension districts

Bertie County Rural Health Association

252-794-3042

<https://www.bcrha.org/>

104 Rhodes Ave

Windsor, NC 27983

252-348-2545

307 Main Street

Lewiston, NC 27849

Offers behavioral health care services, as well as telemedicine for clinical health care.

CommWell Health

877-935-5255

<https://www.commwellhealth.org/>

3331 Easy Street

Dunn, NC 28366

Locations in Dublin, Tar Heel, Bolivia/Supply, Ocean Isle Beach, Shallotte, Four Oaks, McGee's Crossroads, Smithfield, Penderlea, Clinton, Harrells, Spivey's Corner, Salemburg, and Newton Grove

Offer behavioral health screenings, psychiatric care, crisis counseling, walk-in services, crisis intervention services, outpatient mental health and substance abuse.

Easterseals UCP

866-241-7245 (Mobile Crisis Line)

919-587-0001

<https://www.easterseals.com/NCVA/our-programs/adult-services/mobile-crisis.html>

1503 Wayne Memorial Drive Suite E

Goldsboro, NC 27534

Crisis response, stabilization, and intervention 24/7 serving Edgecombe, Nash, Wilson, Lenoir, Greene, Wayne, Sampson, and Duplin counties.

MOBILE BEHAVIORAL HEALTHCARE AND TELEMEDICINE COASTAL REGION (cont.)

Engelhard Medical Center

252-925-7000

<https://engelhardmedicalcenter.org/services/behavioral-health-services/>

33270 US HWY 264, Engelhard, NC 27824

Integrated Family Services, PLLC

866-437-1821 (Mobile Crisis Line)

252-439-0700

<http://www.integratedfamilyservices.net/>

Serving Beaufort, Bertie, Brunswick, Camden, Carteret, Chowan, Columbus, Currituck, Craven, Dare, Gates, Hertford, Hyde, Jones, Martin, Nash, New Hanover, Northampton, Onslow, Pamlico, Pasquotank, Pender, Perquimans, Pitt, Tyrrell, and Washington counties through psychiatric services and mobile crisis management.

NC Statewide Telepsychiatry Program (NCSteP).

<https://www.ecu.edu/cs-dhs/ncstep/>

Psychiatry appointments and telehealth services are available in Camden, Craven, Duplin, Gates, Hyde, Macon, Martin, and Pasquotank Counties. Refer to page 11 for location and contact information.

New Dimension Group

910-289-2610

<http://www.newdimensiongroup.org/home.html>

416 West Ridge St., Rose Hill, NC 28458

Offers crisis walk-in service, individual therapy, family therapy, psychiatric evaluations, couple's counseling, and substance abuse therapy.

PORT Health

252-830-7540

866-488-7678 (Crisis Services)

<https://www.porthhealth.org/>

Offices in: Beaufort, Carteret, Columbus, Craven, Dare, Hertford, Lenoir, Moore, Nash, New Hanover, Onslow, Pasquotank, Pender, Perquimans, Pitt counties.

Mission to improve the lives, health and well-being of individuals and families dealing with substance use and mental health disorders by providing a comprehensive range of services that treat the whole person and empower patients to find their way forward.

RHA Health Services

1-800-848-0180 (non-emergency)

1-844-709-4097 (mobile crisis management)

<https://rhahealthservices.org/contact-us-refer/>

East Team serves Brunswick, Carteret, Craven, Jones, New Hanover, Onslow, Pamlico, Pender counties.

West Team 888-573-1006

Serves Alexander, Buncombe, Caldwell, Henderson, Madison, McDowell, Mitchell, Polk, Rutherford, Transylvania, and Yancey.

MOBILE BEHAVIORAL HEALTHCARE AND TELEMEDICINE COASTAL REGION (cont.)

Waynesboro Family Clinic, P.A.

919-734-6676

<http://waynesborofamilyclinic.com/>

1706 Wayne Memorial Dr

Goldsboro, NC 27534

Offers marriage and family therapy, depression, anxiety, and stress control, psychological evaluations, crisis intervention, and group therapy.

PUBLICATIONS AND WEB RESOURCES

7 Farm Stress Causes and Cures

https://www.agriculture.com/family/estate-planning/7-farm-stress-causes-cures_343-sl31657

American Foundation for Suicide Prevention

<https://afsp.org/>

AFSP has info on warning signs, how to have a conversation with a loved one you are concerned about, suicide loss and more.

CATHERINE ENGLISH (AREA DIRECTOR, NC)

919-218-3730

cenglish@afsp.org

BETSY RHODES (ASSOCIATE AREA DIRECTOR, NC)

919-356-2488

betsy.rhodes.afsp@gmail.com

Ask in Earnest

www.askinearnest.org

Carolina Farm Credit Blogs

<https://carolinafarmcredit.com/blog/farm-and-ranch-stress-assistance-network-establishes-help-line-expands-resources>

<https://carolinafarmcredit.com/blog/strategies-farmers-and-farmworkers>

<https://carolinafarmcredit.com/blog/recognizing-signs-seek-help>

<https://carolinafarmcredit.com/blog/carolina-farm-credit-member-assistance-program>

Check out “Headspace,” an app that Dr. Michael Hester recommends. Dr. Hester presents a program on well-being for farmers at the Carolina Farm Credit Agricultural Leadership Institute. Download the app for free and find themed sessions on everything from stress and sleep to focus and anxiety. It includes guided meditations for busy schedules and SOS exercises in case of sudden meltdowns.

<https://www.headspace.com>

Honey, I Shrunk the Farm The book is written by Dr. Val Farmer, a clinical psychologist who works with farm families in the Midwest. It’s a comprehensive look at farm stress and the coping skills necessary to deal with down times in agriculture. His website also has an archive of his articles on stress and well-being, farm marriages, rural life and other topics, along with information on how to order his book.

www.valfarmer.com

PUBLICATIONS AND WEB RESOURCES (cont.)

Farm and Ranch Family Stress and Depression: A Checklist and Guide for Making Referrals

<https://extension.colostate.edu/disaster-web-sites/farm-and-ranch-family-stress-and-depression-a-checklist-and-guide-for-making-referrals/>

Farm and Ranch Stress Assistance Network-NC (FRSAN-NC)

FRSAN-NC is a partnership that connects farmers, ranchers, farmworkers, their family members and others working in agriculture-related settings with stress assistance programs and resources. These connections help to improve the physical and emotional wellbeing of our state's agricultural workforce.

www.ncfarmstress.org

Farm Stress & Decision Making During Challenging Times

<https://farms.extension.wisc.edu/articles/farm-stress-decision-making-during-challenging-times/>

Farm Stress Resources from ISU Extension and Dairy Outreach Team

https://www.extension.iastate.edu/dairyteam/files/page/files/farm_stress_resource_packet_2019_003.pdf

Note: Iowa Concern Hotline responds to calls from any state.

How to Cultivate a Productive Mindset – Michigan State Extension

https://www.canr.msu.edu/resources/how_to_cultivate_a_productive_mindset

Iowa Farmer Today

<https://www.agupdate.com/iowafarmertoday/>

Click on the magnifying glass icon in the tool bar. Type Rosmann in the search box to find articles on dealing with farm-related stress from Dr. Michael Rosmann.

Managing the Stress of Farming

http://sydney.edu.au/medicine/aghealth/uploaded/fs_docs/guidance/farm_family_handbook.pdf

Note: Disregard Canadian resources but checklists and tips are helpful.

Manage Stress to Increase Farm Safety

<https://store.extension.iastate.edu/Product/Manage-stress-to-increase-farm-safety-Safe-Farm>

North Dakota State University -Agriculture & University Extension

Farm & Ranch Stress

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

Note: North Dakota specific phone resources not applicable; national phone resources are applicable
Pay special attention to fact sheet links under Publications heading on left side of page.

A Rural Stress Toolkit

www.fcssaa.org

Scroll to the bottom of the page and click FCSS Resources, click open resource library then search Rural Stress Toolkit. Download the PDF to view, disregard the pre-printed numbers at the bottom (Canadian)

The Virtual Hope Box app. This is a completely FREE app designed by the VA but it is in no way specific to veterans. This app has research behind it demonstrating it's effective in increasing use of healthy coping skills in crisis (for 1 example see: <https://ps.psychiatryonline.org/doi/10.1176/appi.ps.201600283>). It offers a wide variety of types of coping tools - distraction (i.e. games, puzzles), inspirational quotes, breathing exercises, meditations, muscle relaxation and more.

EXTENSION PROGRAMMING

Farm and Farm Family Risk and Resilience Guide for Extension Educational Programming addresses health and well-being of the farming population, farms and farming communities using a risk and resilience approach rather than a stress management approach.

The guide and 3 additional tools in a tool kit are available on the University of Delaware Cooperative Extension and Northeast Region Extension Risk Management Education website: <https://www.udel.edu/academics/colleges/canr/cooperative-extension/personal-economic-development/agribusiness/>

FINANCIAL ASSISTANCE

Appalachian Sustainable Agriculture Project (ASAP)

828-236-1282

<https://asapconnections.org/>

306 West Haywood St.

Asheville, NC 28801

A regional non-profit that provides marketing training, technical assistance, and resources for farmers in the 23 most western counties of NC.

Executive Farm Management Program

919-513-0166/ 919-515-4536

<https://execfarmmgmt.ces.ncsu.edu/>

3334 Nelson Hall

Raleigh, NC 27695

Dr. Blake Brown: blake_brown@ncsu.edu

Through collaboration with NCSU College of Ag and Life Science, NC State Cooperative Extension, Poole College of Management, Clemson Cooperative Extension, ECU College of Business, and the University of Georgia Cooperative Extension, increase your management competencies and profitability of specialty farms across the Southeast. 3 sessions, 3 states, 12 days designed specifically for large, commercial, family-owned operations. Cost is \$6,000 for First Participant, \$4,000 for Second, and \$3,000 for Third.

Carolina Farm Credit

800-633-3353 (Counseling Line)

800-521-9952

<https://farmcredit.com/state/north-carolina>

146 Victory Lane

Statesville, NC 28625

Free telephone legal advice and 30-minute appointment with a local attorney, free financial services, assessment and counseling by phone or video, and online resource services are offered.

NC Farm School (NCFS)

NC Cooperative Extension

<https://ncfarmschool.ces.ncsu.edu/>

One-on-one business consultations with experienced business consultants, full curriculum developed just for NC farms to guide you to success, farm tours on economically sustainable farms, mentoring opportunities with farmers in your area, updated small-scale budgets with estimation tools, exercises for business principles.

FINANCIAL ASSISTANCE (cont.)

NC Tobacco Trust Fund Commission

919-733-2160

<http://tobaccotrustfund.org/>

537 N. Blount St.

Raleigh, NC 27604

Grants offered to assist current/former tobacco farmers, former quota holders, persons engaged in tobacco-related businesses, individuals displaced from tobacco-related employment, and tobacco product component businesses in NC affected by adverse effects of MSA.

North Carolina Agricultural Mediation Program

336-272-2722

<https://www.ncmediation.org/>

NCAMP Western Carolina University College of Business

7 Killian Bldg. Lane Forsyth 104

Cullowhee, NC 28723

Betty Mayo, Mediation Director

ncampoutreach@bellsouth.net

Offers cost-free mediation to resolve disputes with the USDA for adverse loan and eligibility decisions, rural housing loans, and credit disputes. Farm transition, divorce, and tenant dispute mediation offered for a fee.

Rural Advancement Foundation International (RAFI)

919-542-1396

<https://rafiusa.org/>

274 Pittsboro Elem School Road

Pittsboro, NC 27312

Offers farm sustainability assistance, promotes policies that help farmers attain greater financial stability, individual counseling and assistance to farmers facing financial crisis.

USDA Farm Service Agency

919-875-4800

<https://www.fsa.usda.gov/state-offices/North-Carolina/index>

4407 Bland Road, Suite 175, Raleigh, NC 27609

Offers a farm loan program, financial management, and disaster assistance programs for all 100 counties.

USDA Risk Management Agency

919-875-4880

<https://www.rma.usda.gov/en/RMALocal/North-Carolina>

4405 Bland Road Suite 160, Raleigh, NC 27609

Offers crop insurance, educational resources, resources for beginning farmers for all 100 counties.

TAX, ACCOUNTING AND BOOKKEEPING

The Tennie Group LLC

919.217.0833

3005 Village Park Drive, 2nd Floor

Knightdale, NC 27545

tennigroup@thetenniegroupp.com

<https://www.thetenniegroupp.com/business-tax-planning>

LEGAL ASSISTANCE

Daughtry, Woodard, Lawrence, & Starling

<https://www.dwlslaw.com/Agricultural-Law.shtml>

Smithfield Office

919-300-6982

405 East Market St

Smithfield, NC 27577

Clinton Office

910-249-9165

401 College St

Clinton, NC 28328

NC Agricultural Lawyers for Johnston and Sampson Counties, as well as surrounding areas.

Legal Aid of North Carolina

1-866-219-5262 (Toll-Free Helpline)

<http://www.legalaidnc.org/>

224 S. Dawson St., Raleigh, NC 27601

Free legal help to low-income North Carolinians in civil cases involving basic human needs of safety, shelter, income, and more.

David Mills

Narron Wenzel, PA

919-934-0049

www.narronwenzel.com

102 South Third Street, Smithfield, NC 27577

Services include farm bankruptcy, wills and estates, business law, and personal injury.

Julie Parker

Attorney at Law

8754 Reed Dr STE 16

Emerald Isle, NC 28594

252-354-5990

Pisgah Legal Services

828-253-0406 (Crisis Line)

<https://www.pisgahlegal.org/>

Free civil legal aid to vulnerable people in Western North Carolina. Servicing Avery, Buncombe, Burke, Cherokee, Clay, Haywood, Henderson, Graham, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Rutherford, Swain, Transylvania, and Yancey counties.

LEGAL ASSISTANCE (cont.)

Strauss Attorneys PLLC

828-258-0994 (Asheville) 77 Central Ave, Suite F, Asheville, NC 28801

828-696-1811 (Hendersonville) 104 N Washington St, Hendersonville, NC 28739

919-825-0932 (Raleigh) 2626 Glenwood Ave., Suite 310, Raleigh, NC 27608

828-515-1810 (Landrum) 402 E Rutherford St. #1630, Landrum, SC 29356

Offices assist with all matters of estate planning for farmers. Whether clients want to ensure the succession of their farm to the next generation, or sell and distribute their assets, we can help create a tailored plan that meets their needs.

DISASTER RELIEF

Baptists on Mission (NCBM)

North Carolina Baptist Men Disaster Relief Team

800-395-5102 ext. 5596

<https://baptistsonmission.org/Missions/By-Mission-Type/Disaster-Relief>

205 Convention Dr., Cary, NC 27512

Purpose is to relieve human suffering caused by disasters by providing among other things: hot meals, debris removal, child care and family assistance.

NC Rural Center

919-250-4314

<https://www.ncruralcenter.org/>

4021 Carya Dr., Raleigh, NC 27610

Centralized resources for disaster recovery and offer the Hurricane Florence Rapid Recovery Loan program.

RAFI (Rural Advancement Foundation International)

919-542-1396, press 1

866-586-6746

<https://rafiusa.org/programs/farmsustainability/disaster-programs/>

274 Pittsboro Elem School Rd

Pittsboro, NC 27312

RAFI advocates for disaster and risk management policies. A list of disaster resources is available on their website.

USDA Farm Service Agency

919-875-4800

<https://www.fsa.usda.gov/state-offices/North-Carolina/index>

4407 Bland Road, Suite 175

Raleigh, NC 27609

Offer disaster assistance programs.

MIGRANT/SEASONAL FARMWORKER SERVICES

To locate a migrant/seasonal farmworker health outreach program in your area, please visit the NC Farmworker Health Program website at <https://ncfhp.ncdhhs.gov/farmworker-health-clinic-map>. In addition to NC Farmworker Health Program Sites, the following organizations also serve migrant/seasonal farmworkers.

El Futuro

919-688-7010 ext. 600

<https://elfuturo-nc.org/>

2020 Chapel Hill Rd, Ste 23, Durham, NC 27707

401 N Ivey Avenue, Siler City, NC 27334

Provide telepsychiatry and teletherapy consultations to clinics serving the Latino community in historically rural or under-served counties. Current partnerships with Episcopal Farm Worker Ministry in Dunn, NC; 21st Century Counseling, PLLC in Rockingham, NC; and Good Samaritan Clinic in Morganton, NC.

Vecinos Farmworker Health Program

828-293-2274

www.vecinos.org

3971 Little Savannah Road

173 Health & Human Sciences Building

Cullowhee, North Carolina 28723

Spanish speaking providers available for behavioral, primary and preventive care.