

FARM STRESS RESOURCE DIRECTORY



JUNE 2020

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PURPOSE, INTENDED AUDIENCE, AND DISCLAIMER

This document is intended to provide resource information for farmers, their families, and farm-related organizations seeking assistance with farm stress and other behavioral health issues. The North Carolina Agromedicine Institute, East Carolina University, NC Farm Bureau Foundation, Farm Credit, and North Carolina Cooperative Extension have no formal relationship with any external resources.

SUPPORT AND ACKNOWLEDGEMENTS

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Cover photo provided by Mike Mills

ADDITIONAL COPIES

Additional copies of this document are available by contacting the North Carolina Agromedicine Institute at 252-744-1008 or by visiting our website at www.ncagromedicine.org.

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 healthcare insurance? Contact the Local Management Entity/Managed Care organization in your area. (See pages 8-18)

CRISIS AND HELP LINES

National Suicide Prevention Lifeline

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

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.

Veterans Crisis Line

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

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

Text 838255 Chat also available

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

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

The 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

brhodes@afsp.org

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.

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

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.

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.

PRIVATE COUNSELORS WITH EXPERIENCE IN AGRICULTURE

Amanda McGough, PhD

Licensed Psychologist

amcgough@southeastpsych.com

Southeast Psych

www.southeastpsych.com

704-970-4791

15720 Brixham Hill Avenue, Suite 150

Charlotte, NC 28277

Amber Kennedy, M.A., LPC

Spring Lake Counseling, Inc.

www.springlakecounseling.com

910-339-9375

104 Lake Avenue

Spring Lake, NC 28390

Counseling center that specializes in treatment of individuals, families and couples, ages 1-100.

Cynthia Herlong, PhD

www.cdowdy.com

cynthiabhd@yahoo.com

919-349-2146

Licensed Clinical Mental Health Counselor (NC LCMHC License 3694)

TeleHealth counseling provided by phone or through virtual counseling at <https://doxy.me/cynthiaherlongphd>

[cynthiaherlongphd](https://doxy.me/cynthiaherlongphd)

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.

Dr. Stephanie Best

Be Well NC, Inc.

<https://bewellnc.com>

Dr.best@bewellnc.com

919-701-1048

302 E Church St.

Benson, NC, 27504

Dr. Wiley Hughes

Southeast Counseling Services

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

910-506-3005

Offices in Fayetteville and Wilmington

Hours by appointment to accommodate client schedules. Accepts insurance, VA Choice provider, and private pay.

PRIVATE COUNSELORS WITH EXPERIENCE IN AGRICULTURE (cont.)

Roberta Bellamy, PhD, LMFT

robertabellamy@gmail.com

252-268-2309

3299 Hwy 258N

Kinston, NC 28504

Agricultural behavioral health provider - Experience with farmers & farmworkers.

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 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 and Warren

LOCAL MANAGEMENT ENTITIES (LMEs) (cont.)

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, 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, Catawba, Cleveland, Gaston, Iredell, Lincoln, Rutherford, Surry, Yadkin

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, Guilford, Harnett, Hoke, Lee, Montgomery, Moore, Randolph, Richmond

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, Gates, Hertford, Hyde, Jones, Martin, Nash, New Hanover, Northampton, Onslow, Pamlico, Pasquotank, Pender, Perquimans, Pitt, Tyrrell, 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: Alexander, Alleghany, Ashe, Avery, Buncombe, Caldwell, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Swain, Transylvania, Watauga, Wilkes, Yancey.

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/>

375 Sequoyah Trail, Cherokee, NC 28719

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.

🏠 **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.

♥ **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

MOUNTAIN REGION (cont.)

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:

Hyde County

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

Martin County

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

Duplin County

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

Macon County

1830 Lakeside Drive, Franklin, NC 28734
828-349-2421

Craven County

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

Pasquotank County

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

Camden County

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

Gates County

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

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

♥ Catawba Valley Behavioral Healthcare

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

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.

Community Mental Health Center at Cape Fear Valley

910-615-3333

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

711 Executive Place (3rd Floor)

Fayetteville, NC 28305

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

MOBILE BEHAVIORAL HEALTHCARE AND TELEMEDICINE

PIEDMONT REGION (cont.)

♥ **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

401 N. Ivey Ave

Durham, NC 27707

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.

♥ 🎥 **Freedom House Recovery Center**

919-942-2803

Chapel Hill Crisis Unit 919-967-8844

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**

877-876-3783

<https://www.mindpathcare.com>

Serves Asheville, Cary, Chapel Hill, Carboro, Charlotte, Concord, Durham, Raleigh, Wake Forest and Wilson.

MOBILE BEHAVIORAL HEALTHCARE AND TELEMEDICINE

PIEDMONT REGION (cont.)

♥ 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:

Greensboro Bellemeade Crisis Center
201 N. Eugene St, Greensboro, NC 27401
336-676-6907

Wake Behavioral Health Urgent Care
319 Chapanoke Rd, Suite 120, Raleigh, NC 27603
919-703-2845

Lumberton Facility-Based Crisis Center
207 West 29th St, Lumberton, NC 28358
910-618-5606

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

♥ 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
200-2 S. Post Rd
Shelby, NC 28152
704-476-4106

Cleveland Crisis & Recovery Center
609 N. Washington St
Shelby, NC 28150
704-751-3693

♥ Psychotherapeutic Services

336-538-1220
<https://www.psychotherapeuticservices.com/index.php/programs/nc/ncmcp>
2260 South Church St, Suite 303
Burlington, NC 27215

336-834-9698
The Hickory Building, Suite 150,
3 Center Drive, Greensboro, NC 27407
Mobile crisis program for urgent and emergent behavioral health crises for the residents of Alamance and Caswell counties.

MOBILE BEHAVIORAL HEALTHCARE AND TELEMEDICINE

PIEDMONT REGION (cont.)

♥ **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.

🚚 **UNC School of Nursing Mobile Health Clinic**

Marianne Cockroft – Clinical Associate Professor, UNC School of Nursing

919-966-5321

cockroft@email.unc.edu

<https://nursing.unc.edu/outreach/faculty-practice/son-mobile-health-clinic/>

Serving all of Wake County.

Dorcas Ministries

919-819-0365

187 High House Road, Cary, NC

Western Wake Crisis Ministry

919-362-0657

1600 Olive Chapel Road Suite 408, Apex, NC

Clinical services offered, as well as mental health screenings.

COASTAL REGION

Northeast and Southeast Cooperative Extension districts

📺 **Bertie County Rural Health Association**

252-794-3042

<http://www.bcrha.org/index.html>

104 Rhodes Ave

Windsor, NC 27983

252-348-2545

307 South Main Street

Lewiston, NC 27849

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

MOBILE BEHAVIORAL HEALTHCARE AND TELEMEDICINE

COASTAL REGION (cont.)

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.

Hyde County Behavioral Health

252-926-4399

<http://hydehealth.com/hyde-county-behavioral-health/>

1151 Main St. Swan Quarter, NC 27885

Counseling and therapy services available, Psychiatry services via telemedicine, and primary care. Includes behavioral health and primary care services for migrant/seasonal farmworkers and their families.

Engelhard Medical Center

252-925-7000

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

33270 US HWY 264

Engelhard, NC 27824

Ocracoke Health Center

252-928-1511

<https://ocracokehealthcenter.org/>

305 Back Road

Ocracoke, NC 27960

Face-to-face visits and telemedicine are offered at both locations for services pertaining to mental illness, substance abuse, and developmental disabilities. Appointments are by referral only.

MOBILE BEHAVIORAL HEALTHCARE AND TELEMEDICINE

COASTAL REGION (cont.)

♥🎥 **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.

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

Acceleron: Farm State of Mind

<http://www.acceleronsas.com/ResourceLibrary/Pages/Farm-State-of-Mind.aspx>

#FarmStateofMind on Facebook and Twitter

Ask in Earnest

www.askinearnest.org

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

Farm Stress & Decision Making During Challenging Times

<https://fyi.extension.wisc.edu/farmstress/2019/06/22/farm-stress-decision-making-during-challenging-times/>

7 Farm Stress Causes and Cures

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

Manage Stress to Increase Farm Safety

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

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/>

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.

How to Cultivate a Productive Mindset – Michigan State Extension

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

PUBLICATIONS AND WEB RESOURCES (cont.)

Carolina Farm Credit Blogs

<https://carolinafarmcredit.com/blog/meds-support-and-finding-meaning>

<https://carolinafarmcredit.com/blog/helpful-resources-farm-community>

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

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

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>

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.

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.

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

<http://www.fcassaa.org/sites/default/files/documents/Rural%20Stress%20Toolbook.pdf>

Note: Disregard pre-printed phone numbers at the end of the guide (Canadian)

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.

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

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

1307 Nelson Hall

Raleigh, NC 27695

Michelle Grainger: mgrainger@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

NC Cooperative Extension

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

Northern Piedmont – Person County Extension Center

Nate Bruce 336-694-4158

304 S. Morgan St., Roxboro, NC 27573

Down East – Pitt County Extension Center

Leigh Guth 252-902-1702

403 Government Cir., Greenville, NC 27834

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.

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.

Pisgah Legal Services

828-253-0406 (Crisis Line)

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

Free civil legal aid to vulnerable people in Western North Carolina. Servicing Buncombe, Henderson, Madison, Mitchell, Polk, Rutherford, Transylvania, and Yancey counties.

Strauss Attorneys PLLC

828-404-1948 (Asheville) 77 Central Ave, Suite F, Asheville, NC 28801

828-403-5972 (Hendersonville) 104 N. Washington St., Hendersonville, NC 28739

<https://strausslaw.com/practice-areas/estate-planning-for-farmers/>

Offices in Asheville and Hendersonville to 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. Serves Western NC.

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 Cary 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

In addition to NC Farmworker Health Program Sites, the following organizations also serve migrant/seasonal farmworkers.

Hyde County Behavioral Health

252-926-4399

<http://hydehealth.com/hyde-county-behavioral-health/>

1151 Main St. Swan Quarter, NC 27885

Counseling and therapy services available, Psychiatry services via telemedicine, and primary care.

El Futuro

919-688-7101

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

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

401 N Ivey Avenue, 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.

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.

NC FARMWORKER HEALTH PROGRAM MAP

The following map shows locations of clinics offering outreach and clinical services for migrant and seasonal farmworkers and their family members. Some of these locations offer Spanish-language behavioral health services.



Clínicas de Salud para Trabajadores Agrícolas en Carolina del Norte

Farmworker Health Clinics in North Carolina



NOTA: Busque al condado donde vive Ud. en el mapa. El número en cada condado indica el número de la clínica más cercana a Ud. en la lista de clínicas en el el lado de atrás.

NOTE: Look for the county where you live on the map. The number in each county corresponds to the closest clinic to you in the list of clinics on the other side.



En caso de emergencia, llame al 9-1-1.
In case of emergency, dial 9-1-1.

Para recursos locales: busque al Conéctate Carolina en el Internet a <https://bit.ly/2Ob74IK>
For local resources: Check out Conéctate Carolina online at <https://bit.ly/2Ob74IK>

NC FARMWORKER HEALTH PROGRAM LIST

The following list shows locations of clinics offering outreach and clinical services for migrant and seasonal farmworkers and their family members. Some of these locations offer Spanish-language behavioral health services.

Clínicas de Salud para Trabajadores Agrícolas en Carolina del Norte

Farmworker Health Clinics in North Carolina

NOTA: Busque al condado donde vive Ud. en el mapa en el lado de atrás. El número en cada condado indica el número de la clínica más cercana.

NOTE: Look for the county where you live on the map on the other side. The number in each county corresponds to the number of the closest clinic.

1. Vecinos Inc.

Ciudad/city: Sylva

Jessica Rodriguez: (828) 399-0583

2. Blue Ridge Health

Ciudad/city: Hendersonville

Jackie Antiveros: (828) 233-2207

3. Mountain Community Health Partnership

Ciudad/city: Bakersville

Amber Dillinger: (828) 688-6621

4. Good Samaritan Clinic

Ciudad/city: Morganton

Analia Alvarez: (828) 212-4175

5. High Country Community Health

Ciudad/city: Boone

Mirian Scarlett Chavez: (828) 406-1856

6. Farmworker Health Program of Ashe & Alleghany

Ciudad: Sparta

Melodie Shepherd: (336) 846-0779

7. Surry County Health & Nutrition

Ciudad/city: Dobson

Alba Gonzalez: (336) 401-0918

8. Piedmont Health Services

Ciudad/city: Prospect Hill

Nahu Palacios: (336) 583-1004

8(a) Ciudad/city: Moncure

Cecilia Gama: (919) 428-4859

9. Rural Health Group

Ciudad/city: Henderson

Ricardo Garcia: (919) 339-2019

10. Commwell Health

Ciudad/city: Newton Grove

Sólo para citas: (877) 935-5255

11. NC Farmworkers Project

Ciudad/city: Benson

Janeth Tapia: (919) 915-2220

11(a) Condado/county: Harnett

Amy Elkins: (910) 891-9964

11(b) Condado/county: Duplin

Gabriela Elvir: (919) 915-2209

12. Goshen Medical Center

Ciudad/city: Faison

Sólo para citas: (910) 267-0421

13. Manos Unidas

Ciudad/city: Atkinson

Angelica S. Mendez: (910) 889-0291

13(a) Ciudad/city: Whiteville

Jocelyn R. Santillan: (910) 789-0582

14. Greene County Health

Ciudad/city: Snow Hill

Mari Montanez-Gerena: (252) 747-4078

15. Kinston Community Health

Ciudad/city: Kinston

Melissa Bailey Castillo: (252) 624-7053

16. Carolina Family Health

Ciudad/city: Wilson

Marty Johnson: (252) 243-9800 x312

17. Roanoke Chowan

Ciudad/city: Ahoskie

Brayan Madero: (252) 642-4188

18. Gateway Community Health

Ciudad/city: Elizabeth City

Marisela Antonacci: (252) 333-1047

19. Engelhard Medical Center

Ciudad/city: Engelhard

(252) 925-7000

Farm Stress Resource Directory

JUNE 2020