## CONTENTS

- PURPOSE, INTENDED AUDIENCE, AND DISCLAIMER .............................................................. 4
- SUPPORT AND ACKNOWLEDGEMENTS ............................................................................ 4
- TIPS FOR FINDING BEHAVIORAL HEALTH CARE .............................................................. 5
- CRISIS AND HELP LINES ................................................................................................. 6
- PRIVATE COUNSELORS WITH EXPERIENCE IN AGRICULTURE .................................... 7
- LOCAL MANAGEMENT ENTITIES ..................................................................................... 8
- MOBILE BEHAVIORAL HEALTHCARE AND TELEMEDICINE ......................................... 10
- PUBLICATIONS and WEB RESOURCES ........................................................................... 18
- EXTENSION PROGRAMMING ........................................................................................... 19
- FINANCIAL ASSISTANCE ................................................................................................... 20
- LEGAL ASSISTANCE ......................................................................................................... 22
- DISASTER RELIEF .............................................................................................................. 23
- MIGRANT/SEASONAL FARMWORKER SERVICES ............................................................. 24
- NC FARMWORKER HEALTH PROGRAM MAP ................................................................ 25
- NC FARMWORKER HEALTH PROGRAM LIST ................................................................. 26
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

Preparation of this document was coordinated by Robin Tutor Marcom, EdD, MPH, Director, North Carolina Agromedicine Institute, 252.744.1008, tutorr@ecu.edu. Special thanks to the following individuals and organizations for their contributions to this document:

- Miranda Heath, Master of Public Health Candidate, Brody School of Medicine and NC Agromedicine Institute Intern, East Carolina University
- Tami Thompson, AgriSafe-NC Outreach Specialist, NC Agromedicine Institute, East Carolina University
- Nick Wommack, NC State University Student Intern, Extension Organizational Development (Fall 2017)
- Ayana Knight, Administrative Assistant, NC State Extension Administration
- Lindsey Clark, University Program Associate, NC State Extension, Extension Organizational Development
- Dr. Rhonda Sutton, Director of College Leadership Programs, NC State University and Interim Director of Extension Organizational Development
- Dr. Susan Jakes, Associate State Program Leader, Community and Rural Development, Extension Assistant Professor, North Carolina Cooperative Extension, CALS, NC State University
- NC Farm Credit – Carolina, Ag Carolina and Cape Fear

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!
**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)    Betsy Rhodes (Associate Area Director, NC)
919-218-3730    919-356-2488
cenglish@afsp.org    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 RAIF 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

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](http://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](http://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](http://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](http://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](http://www.vayahealth.com)  
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.
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.
**Daymark Recovery Services**
866-275-9552 (24-Hour Crisis Hotline)
800-273-8255 (Suicide Prevention Lifeline)
[https://www.daymarkrecovery.org/](https://www.daymarkrecovery.org/)

**El Futuro**
919-688-7101
[https://elfuturo-nc.org/](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.

**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/](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](https://www.mindpathcare.com)
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 Bellemade 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
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 CRISIS MANAGEMENT  📺 TELEMEDICINE  📥 MOBILE HEALTH CARE
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/

❤️ 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
Clinical services offered, as well as mental health screenings.

Western Wake Crisis Ministry
919-362-0657
1600 Olive Chapel Road Suite 408, Apex, NC

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.
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
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.porthealth.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
#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-makingduring-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

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

Managing the Stress of Farming
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.
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.ncamediation.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
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](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/](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/](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](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.

라도  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.

라도  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.

라도  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.

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
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.

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
    Janet 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

Clínicas de Salud para Trabajadores Agrícolas en Carolina del Norte

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.