



Farm Stress Resources

NC Cooperative Extension and NC Agromedicine Institute would like to share the following resources available to assist farmers, their families, and employees with farm-related stress:

- **Farm Stress Resource Directory**

<https://www.ncagromedicine.org/pdf/2020%20Farmer%20Stress%20Resource%20Directory%20web.pdf> (Print copies available on request by calling 252.744.1008 or email: tutorr@ecu.edu)

The directory provides information on counseling and other mental health services across the state including phone and mobile crisis services. The directory also includes web-based publications and tools to help individuals cope better in their day-to-day lives.

- **Free Counseling Sessions**

Up to three free counseling sessions are available for individuals not having third party insurance. Need more than three sessions or have third party insurance and don't know where to go for counseling? Contact the NC Agromedicine Institute at 252.744.1008/919.880.4225 or tutorr@ecu.edu for assistance.

- **Farmer to Farmer**

Need to talk to someone but not ready for a counselor? Farmer to Farmer can pair you with a farmer or farm family member who has been specially trained in farm stress response and peer support. Farmer to Farmer sessions are free and totally confidential! Contact the NC Agromedicine Institute at 252.744.1008/919.880.4225 or tutorr@ecu.edu to learn more.

- **Coping with Agriculture-related Stress Media**

<https://www.ncagromedicine.org/program-agriculturalstress.php> (scroll down on page)

Learn tips on dealing with stress from other farmers including Commissioner of Agriculture Steve Troxler and NC Cooperative Extension Director Rich Bonanno.

We appreciate the farm stress programs and resources that are made possible with the continuing support of the North Carolina Tobacco Trust Fund Commission and Farm Credit.