

# *Farmer Stress Resource Directory*



**NORTH CAROLINA  
AGROMEDICINE  
INSTITUTE**



Partners for Health and  
Safety in Agriculture, Forestry  
and Fisheries

20  
ANNIVERSARY

East Carolina University • NC State University • North Carolina A & T State University

**NC STATE** EXTENSION

 **FARM CREDIT**  
AGCAROLINA | CAPE FEAR | CAROLINA

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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**

Preparation of this document was coordinated by Robin Tutor Marcom, EdD, MPH, Director, North Carolina Agromedicine Institute, 252.744.1008, [tutorr@ecu.edu](mailto: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
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- 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](http://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](mailto:tutorr@ecu.edu) Thanks!

## LEGEND

	MOBILE CRISIS MANAGEMENT
	TELEMEDICINE
	MOBILE HEALTHCARE

\*\* 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.

## CRISIS AND HELP LINES

### National Suicide Prevention Lifeline

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), push '1'

Text 838255 Chat also available

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

**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's website** [www.Afsp.org](http://www.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. For North Carolina:

PO Box 25536

Winston-Salem, NC 27114

<https://afsp.org/chapter/afsp-north-carolina/>

Catherine Heindselman (Area Director, NC)

919-218-3730

[cheindselman@afsp.org](mailto:cheindselman@afsp.org)

Betsy Rhodes (Associate Area Director, NC)

919-356-2488

[brhodes@afsp.org](mailto:brhodes@afsp.org)

**Farm Aid In-house Farm Advocate** [www.farmaid.org](http://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

704-970-4791

15720 Brixham Hill Avenue, Suite 150

Charlotte, NC 28277

[www.southeastpsych.com](http://www.southeastpsych.com)

amcgough@southeastpsych.com

### **Cynthia Herlong, PhD**

Licensed Professional Counselor (NC License: 3694)

919-349-2146

4601 Lake Boone Trail, 2C

Raleigh, NC 27607

[www.cdowdy.com](http://www.cdowdy.com) (see for fees/insurance, hours)

cynthiabhd@yahoo.com

### **Deborah Dunn, LMFT**

919-550-2897

smartaboutlife@gmail.com

[www.deborahdunn.com](http://www.deborahdunn.com)

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

### **Dr. Stephanie Best**

919-701-1048

Be Well NC, Inc.

302 E Church St.

Benson, NC, 27504

### **Dr. Wiley Hughes**

910-506-3005

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

Offices in Fayetteville and Wilmington

Hours by appointment to accommodate client schedules

Accepts insurance, VA Choice provider, and private pay

### **Roberta Bellamy, PhD – Experience with farmers & farmworkers**

Medical Family Therapist

252-268-2309

216W Millbrook Rd.

Raleigh, NC 27609

robertabellamy@gmail.com

## **\*LOCAL MANAGEMENT ENTITIES (LME)**

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

**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

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

### **Eastpointe Office**

514 East Main Street

Beulaville, NC 28518

**Phone:** 800-913-6109

**Fax:** 910-298-7180

**Crisis Line:** 800-913-6109

**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

**Counties Served:** Burke, Catawba, Cleveland, Gaston, Iredell, Lincoln, 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

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

**\*LOCAL MANAGEMENT ENTITIES (LME), CONTINUED...**

**Trillium Health Resources Office**

201 W. First Street

Greenville, NC 27858-1132

**Phone:** 866-998-2597

**Crisis Line:** 877-685-2415

**Counties Served:** Brunswick, Carteret, Columbus, Nash, New Hanover, Onslow, Pender, Beaufort, Bertie, Camden, Chowan, Craven, Currituck, Dare, Gates, Hertford, Hyde, Jones, Martin, Northampton, Pamlico, Pasquotank, Perquimans, Pitt, Tyrrell, Washington

**Vaya Health**

200 Ridgefield Court, Suite 206

Asheville, NC 28801

**Phone:** 828-225-2785

**Fax:** 828-225-2796

**Crisis Line:** 800-849-6127

**Counties Served:** Alexander, Alleghany, Ashe, Avery, Buncombe, Caldwell, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Rutherford, Swain, Transylvania, Watauga, Wilkes, Yancey

# MOBILE BEHAVIORAL HEALTHCARE AND TELEMEDICINE

## MOUNTAIN REGION

### West NC Cooperative Extension district

\*Vaya Health, Partners Behavioral Health Management Office

#### ♥ Analenisgi Recovery Center

828-497-9163 ext. 7550

375 Sequoyah Trail

Cherokee, NC 28719

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

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/>

8 locations in Graham, Clay, Cherokee, 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/>

Serve the Henderson, Rutherford, Polk, Haywood, and Buncombe communities as a primary care “medical home” that offers family medicine, 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/>

7 locations in Cherokee, Haywood, Jackson, Macon, and Transylvania counties

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

#### ♥ RHA Health Services

1-888-573-1006

17 Church Street

Asheville, NC 28801

<https://rhahealthservices.org/service-descriptions/crisis-services-north-carolina/#mobilecrisis>

**West Team:** serving Buncombe, Madison, Yancey, Transylvania, Henderson, Polk, Rutherford, McDowell, Mitchell, Alexander, and Caldwell counties

## **PIEDMONT REGION**

### **North Central and South Central NC Cooperative Extension districts**

\*Vaya Health Office, Sandhills Center Office, Partners Behavioral Health Management Office, Cardinal Innovations Health Office, Alliance Healthcare Office

#### **♥ Alliance Health**

800-510-9132 (Access and Information Center)

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

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

#### **Crisis and Assessment Center locations:**

Durham Recovery Response Center

309 Crutchfield St, Durham, NC

919-560-7305

UNC Health Care at WakeBrook

107 Sunnybrook Rd, Raleigh, NC

984-974-4800

Behavioral Health Division, Johnson County Health Department

521 North Brightleaf Blvd, Smithfield, NC

800-510-9132

#### **🏠 Carolina Partners in Mental Healthcare, PLLC**

919-929-9610

DIRECT CARE

1502 NC HWY 54, Suite 103

Durham, NC 27707

<https://carolinapartners.com/telehealth-and-teletherapy/#1529413267216-d4e3ebbf-7587>

Telehealth and Teletherapy offered to all NC residents by appointment or on-demand within one hour.

#### **♥ Catawba Valley Behavioral Healthcare**

Hickory Clinic (828-695-5900)

327 1<sup>st</sup> Ave NW

Hickory, NC 28601

Morganton Clinic (828-624-1900)

301 E Meeting St

Morganton, NC 28655

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

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

#### **Community Mental Health Center at Cape Fear Valley**

910-615-3333

711 Executive Place (3<sup>rd</sup> Floor)

Fayetteville, NC 28305

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

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 ext. 600  
2020 Chapel Hill Rd, Suite 23  
Durham, NC 27707  
401 N. Ivey Ave  
Siler City, NC 27344

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

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  
104 New Stateside Dr  
Chapel Hill, NC 27516  
Chapel Hill Crisis Unit (919-967-8844)  
Orange and Person County Mobile Service (1-877-967-8444) ♥

<https://freedomhousercovery.org/>

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

♥ **Monarch**

800-568-9689 (Mobile Crisis Line)  
800-913-6109 (Eastpointe Mobile Crisis Management)  
866-272-7826 (Service Line)  
350 Pee Dee Avenue, Suite 101  
Albemarle, NC 28001

<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 29<sup>th</sup> 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)

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

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

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

#### Offices located:

##### Gastonia Outpatient, Crisis & Recovery Center

2505 Court Dr

Gastonia, NC 28054

704-842-6359 (Outpatient line)

704-854-4196 (Crisis & Recovery Center)

##### Lincolnton Outpatient

510 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

### Piedmont Health

919-933-8494 (Corporate)

127 Kingston Dr

Chapel Hill, NC 27514

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

Offices in Pittsboro, Burlington, Chapel Hill, Snow Camp, Siler City, Moncure, Prospect Hill, and Carrboro that offer crisis intervention, short-term counseling, substance abuse referrals.

### ♥ Psychotherapeutic Services

336-538-1220

2260 South Church St, Suite 303

Burlington, NC 27215

<https://www.psychotherapeuticservices.com/index.php/programs/nc/ncmcp>

Mobile crisis program for urgent and emergent behavioral health crises for the residents of Alamance and Caswell counties.

### ♥ Santé Group

Mecklenburg County Crisis (CriSyS)

704-566-3410 (select option 1)

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

Mobile crisis team available that can be dispatched by 911.

### ♥ Therapeutic Alternatives, Inc.

1-877-626-1772 (Crisis Response)

336-626-1700 (Asheboro Office)

962 S. Fayetteville, St, Asheboro, NC 27203

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

Offers mobile crisis management.

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

Marianne Cockroft – Clinical Associate Professor, UNC School of Nursing

919-966-5321

[cockroft@email.unc.edu](mailto:cockroft@email.unc.edu)

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

Serving all of Wake County with two locations in 2019:

Dorcas Ministries

187 High House Road, Cary, NC

Western Wake Crisis Ministry

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**

\*Trillium Health Resources Office, Sandhills Center Office, Cardinal Innovations Healthcare Office, Eastpointe Office

#### **Bertie County Rural Health Association**

252-794-3042

102 Rhodes Ave

Windsor, NC 27983

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

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

#### **CommWell Health**

877-935-5255

331 Easy Street

Dunn, NC 28366

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

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

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

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

 **Engelhard Medical Center**

252-925-7000  
33270 US HWY 264  
Engelhard, NC 27824

 **Ocracoke Health Center**

252-928-1511  
305 Back Road  
Ocracoke, NC 27960

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

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.

 **Integrated Family Services, PLLC**

866-437-1821 (24/7 phone line)  
252-209-0388 (office line)  
312-B.S. Academy Street  
Ahoskie, NC 27910

<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.

**New Dimension Group**

910-289-2610  
416 West Ridge St  
Rose Hill, NC 28458

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

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)  
4300-110 Sapphire Ct.  
Greenville, NC 27834

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

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

1-844-709-4097

17 Church Street

Asheville, NC 28801

<https://rhahealthservices.org/service-descriptions/crisis-services-north-carolina/#mobilecrisis>

**East Team:** serving Onslow, Carteret, Craven, Jones, Pamlico, Pender, Brunswick and New Hanover counties

**Halifax Walk-in Crisis Clinic**

252-537-6619

60 NC Highway 125

Roanoke Rapids, NC 27870

Services offered Monday-Friday 8am-5pm

**🏠 Rural Health Group**

252-536-5440

500 Jackson St

Roanoke Rapids, NC 27870

<http://rhgnc.org/telemed/>

Offers telehealth medical visits for \$35 from 8:30am to 9:00pm.

**Waynesboro Family Clinic, P.A.**

919-734-6676

1706 Wayne Memorial Dr

Goldsboro, NC 27534

<http://waynesborofamilyclinic.com/>

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

## PUBLICATIONS

**Honey, I Shrank 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](http://www.valfarmer.com)

### **Farm Stress & Decision Making During Challenging Times**

<https://fyi.uwex.edu/danecountyag/files/2018/04/FarmStress-A-ASH-101-DecisionMaking.pdf>

### **7 Farm Stress Causes and Cures**

[https://www.agriculture.com/family/estate-planning/7-farm-stress-causes-cures\\_343-sl31657](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/>

### **Farm Credit Blog**

<https://carolinafarmcredit.com/news/blogs/carolinas-blog.aspx>

Click on all tabs for 12.3, 12.4 and 12.11

### **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](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>

## **PUBLICATIONS, CONT'D....**

**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](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 Toolbook**

<http://www.fcssaa.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](http://sydney.edu.au/medicine/aghealth/uploaded/fs_docs/guidance/farm_family_handbook.pdf)

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

## **FINANCIAL ASSISTANCE**

### **Appalachian Sustainable Agriculture Project (ASAP)**

828-236-1282

306 West Haywood St.

Asheville, NC 28801

<https://asapconnections.org/>

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

1307 Nelson Hall

Raleigh, NC 27695

Michelle Grainger: [mgrainger@ncsu.edu](mailto:mgrainger@ncsu.edu)

<https://execfarmmgmt.ces.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

146 Victory Lane

Statesville, NC 28625

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

Free telephonic 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

Northern Piedmont – Person County Extension Center

304 S. Morgan St.,

Roxboro, NC 27573

Nate Bruce 336-694-4158

Down East – Pitt County Extension Center

403 Government Cir.

Greenville, NC 27834

Leigh Guth 252-902-1702

<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'D...**

### **NC Tobacco Trust Fund Commission**

919-733-2160

537 N. Blount St.

Raleigh, NC 27604

<http://tobaccotrustfund.org/>

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

NCAMP Western Carolina University College of Business

7 Killian Bldg. Lane Forsyth 104

Cullowhee, NC 28723

Betty Mayo, Mediation Director

ncampoutreach@bellsouth.net

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

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

274 Pittsboro Elem School Road

Pittsboro, NC 27312

<https://rafiusa.org/>

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

### **Strauss Attorneys PLLC**

828-515-1810 (Asheville)

828-696-1811 (Hendersonville)

77 Central Ave, Suite F, Asheville, NC 28801

104 N. Washington St., Hendersonville, NC 28739

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

Offices in Asheville, Hendersonville, and Brevard 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.

## **FINANCIAL ASSISTANCE, CONT'D...**

### **USDA Farm Service Agency**

919-875-4800

4407 Bland Road, Suite 175

Raleigh, NC 27609

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

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

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

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

## LEGAL ASSISTANCE

### Daughtry, Woodard, Lawrence, & Starling

#### Smithfield Office

405 East Market St  
Smithfield, NC 27577  
919-300-6982

#### Clinton Office

401 College St  
Clinton, NC 28328  
910-249-9165

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

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)  
224 S. Dawson St.  
Raleigh, NC 27601

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

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

### Mills Law

919-934-7235  
1559-B Booker Dairy Rd  
Smithfield, NC 27577

<https://www.mills-law.com/about-us>

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

### Pisgah Legal Services

800-489-6144 (Toll-Free)

#### Asheville Office

828-253-0406  
62 Charlotte St  
Asheville, NC 28801

#### Hendersonville Office

828-692-7622  
440 S. Church St  
Hendersonville, NC 28792

#### Rutherfordton Office

828-247-0297  
169 N. Main St  
Rutherfordton, NC 28139

#### Brevard Office

800-489-6144 (Toll-Free)  
137 N. Broad St  
Brevard, NC 28712

#### Marshall Office

828-210-3788  
32 N. Main St  
Marshall, NC 28753

#### Spruce Pine Office

828-253-0406  
167 Locust St., Suite 206  
Spruce Pine, NC 28777

<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.

## **DISASTER RELIEF**

### **Baptists on Mission (NCBM)**

North Carolina Baptist Men Disaster Relief Team  
800-395-5102 ext. 5596  
205 Convention Dr  
Cary, NC 27512

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

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  
4021 Carya Dr  
Raleigh, NC 27610

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

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  
274 Pittsboro Elem School Rd  
Pittsboro, NC 27312

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

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  
4407 Bland Road, Suite 175  
Raleigh, NC 27609

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

Offer disaster assistance programs.

