



The National Agricultural Law Center

The nation's leading source for agricultural & food law research & information

NationalAgLawCenter.org | nataglaw@uark.edu

Mental Health Resources & Hotlines

North Carolina



This material is based upon work supported by the National Agricultural Library,
Agricultural Research Service, U.S. Department of Agriculture

A National Agricultural Law Center Research Publication

Mental Health Resources & Hotlines: North Carolina

Farmer Stress Resource Directory: The North Carolina Agromedicine Institute has compiled a resource for farmers and farm families struggling with farm-related stress. The directory includes available crisis hotlines, a list of private counselors in the area with experience in agriculture, and much more. Access this resource directory [here](#).

North Carolina Hopeline: This free and confidential crisis line provides callers with crisis and suicide prevention services by trained volunteers. Available 24 hours a day Monday-Friday and 9 a.m.-11 p.m. Saturday and Sunday at 919-231-4525 or 877-235-4525.

Crisis Solutions North Carolina: Crisis Solutions NC has created a directory for mental health or substance abuse help. Users can select their county and find a list of Crisis Centers or Crisis Hotlines servicing their area. Access this directory [here](#).

North Carolina Farm Helpline: Available 24/7, the Helpline connects individuals experiencing a crisis or in need of other help with resources including mental health, financial, legal, farm safety/health, Cooperative Extension, and more. The Helpline can be accessed at +1 (844) 325-3276.