

# MENTAL HEALTH RESOURCES

## YOUR GUIDE TO NAVIGATING MENTAL HEALTH ASSISTANCE

### WHAT QUESTIONS SHOULD I ASK THE THERAPIST?

- Can you tell me a bit about your practice?
- Do you have experience working with clients with similar concerns?
- What therapy approach do you use?
- How frequently and how long do you typically see clients?
- What are your fees?
- Do you accept my health insurance?

### WHAT QUESTIONS WILL THE THERAPIST ASK ME?

- Why are you considering therapy now?
- Have you been to therapy before?
- What are you looking for in a therapist?
- What do you hope to gain from this experience?
- What has worked in the past and what hasn't?

### HOW DO I DECIDE WHETHER THE THERAPIST IS A GOOD FIT?

- Would I feel comfortable sharing more with this therapist?
- Do I feel respected and heard?
- Do I think this therapist is knowledgeable and can really help me?
- Does this therapist use language that I understand?
- Does this therapist seem to have an understanding of my background and identities?

## FINDING LOCAL MENTAL HEALTHCARE PROVIDERS NEAR YOU

PSYCHOLOGY TODAY

[www.psychologytoday.com/us](http://www.psychologytoday.com/us)

FINDTREATMENT.GOV

[www.findtreatment.gov/locator](http://www.findtreatment.gov/locator)

BE WELL INDIANA

[www.in.gov/bewellindiana/#support](http://www.in.gov/bewellindiana/#support)



Extension



Facebook: [facebook.com/purduefarmstress](https://facebook.com/purduefarmstress)



Podcast: [anchor.fm/toolsfortodaysfarmers](https://anchor.fm/toolsfortodaysfarmers)

FARM STRESS TEAM

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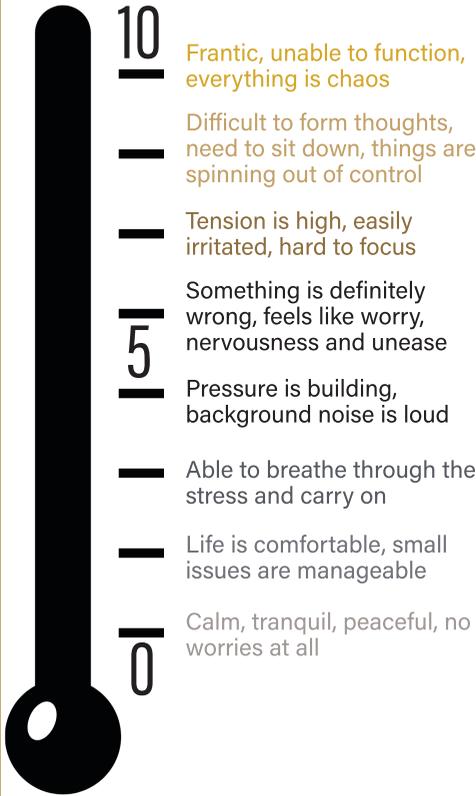
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### STRESS RATING TOOLS

What's your stress level? Use this tool to evaluate how you may be handling the stressors in your life. Using a scale from 1-10 is an easy way to express your needs.



### SYMPTOMS OF STRESS

- Mental -
  - Racing thoughts
  - Inability to focus
  - Forgetfulness
  - Brain fog
  - Exhaustion
  - Restless feelings
- Physical -
  - High blood pressure
  - Fatigue
  - Inability to sleep
  - Sore neck
  - Tightness in chest
  - Upset stomach
- Social -
  - Acting more withdrawn
  - Isolating oneself
  - Changes in routine
  - Easily irritable
  - Argumentative
  - Relationship conflicts
  - Increase in drinking/smoking
  - Decrease in care of livestock or farm appearance

### ONLINE RESOURCES

- *Dial 988 for help with mental health crises, someone will talk you through your situation.*
- SAMHSA National Helpline - 1-800-662-HELP
- National Alliance on Mental Illness - 1-800-950-6264
- Farm Bureau: Farm State of Mind - [www.fb.org/initiative/farm-state-of-mind#stepstoHELP](http://www.fb.org/initiative/farm-state-of-mind#stepstoHELP)
- American Counseling Association - [www.apa.org/events/farmer](http://www.apa.org/events/farmer)
- Concern Hotline for Farmers - 1-800-447-1985
- Postpartum Support International - [www.postpartum.net](http://www.postpartum.net) 1-800-944-4773
- North Central Farm And Ranch Stress Assistance Center [www.farmstress.org](http://www.farmstress.org)

Sources:  
<https://blog.zencare.com/what-to-expect-on-an-initial-call-with-a-therapist/>



### FARM STRESS TEAM