

University of Illinois Extension

**Farm Stress Resources: Northern IL**

CONTACT of Northern Illinois	CONTACT is a helpline that has been serving our area for over 34 years providing support to those threatening suicide.	<p><b>815-233-4357 or 888-463-6260</b>  <a href="https://nicontact.org/">https://nicontact.org/</a></p>
Farm Aid	Farm Aid connects producers with helpful services, resources and opportunities specific to your individual needs. Farmer Resource Network offers ways to connect to over 750 organizations which work directly with farmers on a variety of issues.	<p><b>1-800-FARM-AID or 1-800-327-6243</b>  Monday thru Friday 9-5 Eastern  <a href="#">Online Request For Assistance Form</a></p>
Farm Service Agency (FSA)	Stephenson County, 1620 S Galena Ave, Freeport IL 61032 Winnebago County, 4833 Owen Center Rd, Rockford IL 61101 Jo Daviess County, 227 N Main Street, Elizabeth IL 61028	<p>Stephenson <b>815-235-2141</b>  Winnebago <b>815-965-2392</b>  Jo Daviess <b>815-858-3418</b></p>
FHN Family Counseling Center	Same day, crisis, walk-in appointments can be made Monday through Friday, 8 a.m. to 5 p.m. (421 West Exchange Street, Freeport, IL 61032). For after-hours crises, please call CONTACT (see above)	<p><b>815-599-7300</b>  <a href="https://www.fhn.org/counseling-services.asp">https://www.fhn.org/counseling-services.asp</a></p>
Iowa Concern Hotline	Iowa Concern is a program of Iowa State University Extension for confidential assistance and referral for stress, legal questions and financial concerns. <i>By calling Iowa Concern, one has access to an attorney for legal education, stress counselors, and information and referral services for a wide variety of topics.</i>	<p><b>1-800-447-1985</b>  Available 24 hours a day, 7 days a week  Email An Expert  lowaconcern@iastate.edu  <a href="https://www.extension.iastate.edu/iowaconcern/">https://www.extension.iastate.edu/iowaconcern/</a>   <a href="#">Farm Stress Resource Packet - Iowa State University</a></p>
Iowa State University Specialists	Jenn Bentley NE/SE Iowa	<p>563-382-2949  jbentley@iastate.edu</p>
	Larry Tranel NW Iowa	<p>563-583-6496  tranel@iastate.edu</p>
	Fred Hall	<p>712-737-4230  fredhall@iastate.edu</p>
National Suicide Prevention Hotline	The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress	<p><b>1-800-273-8255</b>  Available 24 hours a day, 7 days a week</p>
Substance Abuse and Mental Health Services Administration (SAMHSA)	The SAMHSA leads public health efforts to advance behavioral health. For general information on mental health or to locate services in your area, call the SAMHSA Treatment Referral Helpline.	<p><b>1-800-662-4357</b>  Available 24 hours a day, 7 days a week  <a href="https://findtreatment.samhsa.gov/">https://findtreatment.samhsa.gov/</a></p>