

You
Are
Not
Alone



Depression is an illness,
not a weakness
0300 323 0400

Confidential support for the
farming community
www.yanahelp.org



NATIONAL RURAL SUPPORT GROUPS

Directory for Farming
and Rural Communities

Compiled and sponsored by
The YANA Project



The Worshipful Company of Farmers is pleased to endorse this directory of the many support groups and organisations available to help those in our farming and rural communities throughout the UK.

- **Farm Community Network**

03000 111 999

www.fcn.org.uk

e: helpline@fcn.org.uk

e: help@fcn.org.uk

@FCNcharity

A charity and voluntary organisation that provides practical and pastoral support to farmers and farming families through difficult times. Find regional groups via website.

- **Perennial**

0800 093 8543 (general advice) or 0800 093 8546 (debt advice)

www.perennial.org.uk

e: info@perennial.org.uk

@PerennialGRBS

Helping all UK horticulturists with advice, support and financial assistance in times of need. A nationwide team of caseworkers and debt advisers respond quickly and effectively, providing free, confidential advice, support and financial assistance whenever it is needed for as long as it takes to get people back on their feet and to rebuild their lives.

- **RABI (*The Royal Agricultural Benevolent Institution*)**

01865 727888 (also RSABI Royal Scottish Agricultural Benevolent Institution)

www.rabi.org.uk

e: info@rabi.org.uk

@RABIcharity

Financial support for farmers in times of crisis.





NATIONAL

- **Samaritans**

116 123

www.samaritans.org

e: jo@samaritans.org

@samaritans

Samaritans is available round the clock, every single day of the year, for anyone who is struggling to cope. You can call Samaritans for free from any phone, email them, or visit their website to find details of your nearest branch.

- **The Addington Fund**

01926 620135

www.addingtonfund.org.uk

e: enquiries@addingtonfund.org.uk

@AddingtonFund

Main aim is to provide homes for farming families living in England and Wales who have to leave the industry, through no fault of their own, and by doing so will lose their home. Also might be able to assist with a grant towards certain business costs in times of emergency and where hardship prevails.

- **The Farm Safety Foundation**

01789 416065

www.yellowwellies.org

e: farm_safety_foundation@nfumutual.co.uk

@yellowwelliesUK

The Farm Safety Foundation is a charity working to challenge and change the industry's risk taking behaviour and address the poor safety record that farming continues to have. Through educational programmes and campaigns such as Farm Safety Week, Yellow Wellies and Mind Your Head, the charity is tackling the stigma around risk-taking and poor mental health, ensuring that that farmers are resilient and equipped with smart strategies and specific skills to live well and farm well.



- **The Gamekeepers' Welfare Trust**

Helpline 0300 123 3088 Office: 01677 470180

www.thegamekeeperswelfaretrust.com

e: enquires@thegamekeeperswelfaretrust.com

@Gwelfare

Helpline with information and support on a wide variety of issues including health, retirement, redundancy, housing and employment issues but first and foremost as a confidential listening service.

Financial grants for gamekeepers, stalkers and ghillies and their families in times of hardship, ill health and retirement. Educational grants are available for young people.

- **The Maytree Centre**

020 7263 7070

www.maytree.org.uk

e: maytree@maytree.org.uk

@maytreesavingli

A Suicide Respite Centre – in London, but available to all.

Supporting people in suicidal crisis in a non-medical setting.

Provides a stay in a safe and confidential space.





COUNTIES

BEDFORDSHIRE

- **Beds & Cambs Rural Support Group**

0300 323 1244

www.ruralsupport-bedscambs.org.uk

e: info@ruralsupport-bedscambs.co.uk

Dedicated to combating stress in rural areas, providing free advice and practical support.

CAMBRIDGESHIRE

- **Beds & Cambs Rural Support Group**

0300 323 1244

www.ruralsupport-bedscambs.org.uk

e: info@ruralsupport-bedscambs.co.uk

Dedicated to combating stress in rural areas, providing free advice and practical support.

CHESHIRE & WIRRAL

- **Cheshire Agricultural Chaplaincy**

07967 559 594

www.agchap.com

e: talk@agchap.com

@cheshireagchap

24/7 pastoral support to the farming community using supporting agencies when required. Team members visit individual farms, livestock markets, agricultural shows and church services.

CORNWALL

- **Farm Cornwall**

01736 367589

www.farmcornwall.co.uk

@FarmCornwall

Farm Cornwall offers sound, practical, realistic and confidential advice whatever your needs. Some of which are farm business, financial and debt advice, grants, diversification, welfare and mental health advice.



CUMBRIA

- **Growing Well**
01539 561777
www.growingwell.co.uk
e: info@growingwell.co.uk
@GrowingWell

A farm-based mental health charity near Kendal, providing a safe supportive working environment to nurture mental health recovery. Works with people on a weekly basis, sometimes over years, to help rebuild a sense of purpose and to build hope for the future.

DERBYSHIRE & STAFFORDSHIRE PEAK DISTRICT

- **The Farming Life Centre**
01692 810903
www.thefarminglifecentre.org.uk
e: info@thefarminglifecentre.org.uk
@FarmingLC

Provides health/well-being and business related information and support to the farming and rural community of the Derbyshire and Staffordshire Peak District. Runs projects to address the (often hidden) health, social and economic inequalities and deprivation within the upland farming community. The underlying ethos is to improve the resilience of the rural community by supporting residents of all ages to deal with challenges in a timely way – before reaching a point of crisis.





REGIONAL

DURHAM

- **Upper Teesdale Agricultural Support Service**

01833 641010 or 0791 999 7619

www.utass.org

Works with and for the people of upper Teesdale and beyond, across the rural communities of County Durham to help prevent problems from getting to the desperate stage and assist in maintaining a safer, happier self-sustaining community.

GLOUCESTERSHIRE

- **Gloucestershire Farming Friends**

0845 300 6886

In partnership with Farm Community Network, provides free, confidential, emotional and practical support to farmers and the rural community in the county via the helpline and one-to-one visits.

HEREFORDSHIRE & SHROPSHIRE

- **Borderlands Rural Chaplaincy**

07958 591646 or 07531 676832

www.borderchaplain.org

@Rurchap1

Confidential listening ear offering pastoral support to farmers, farming families and agricultural communities.

LANCASHIRE

- **Field Nurse**

07815 099748

www.fieldnurse.org.uk

e: info@fieldnurse.org.uk

Providing a health and well-being drop-in clinic at Gisburn and Clitheroe Auction Markets for farmers and rural workers of any age group.



LINCOLNSHIRE

- **Lincolnshire Rural Support Network**

0800 138 1710

www.lrsn.co.uk

e: alison.twiddy@lrsn.co.uk

A volunteer led organisation that provides pastoral, emotional and practical support to farming and rural people during periods of anxiety, stress and problems relating to their families and businesses. One to one visits, helpline, drop in advice points, health screening.

NORFOLK

- **The YANA Project**

0300 323 0400

www.yanahelp.org

e: johoey@yanahelp.org

@yanafarming

Specialises in Mental Health: informative website, confidential helpline run by Samaritans trained volunteers, access to counsellors and doctors, funding for counselling for those in farming and rural trades, Norfolk & Suffolk.





REGIONAL

NORTHERN IRELAND

- **Rural Support/Advice and Rural Support Northern Ireland**

0800 138 1678

www.ruralsupport.org.uk

e: info@ruralsupport.org.uk

Rural Support provides a listening and signposting service for farmers and rural families across Northern Ireland through its helpline. It can also provide face to face support, to source information and advice about a wide range of issues.

NOTTINGHAMSHIRE

- **Nottingham Rural Support**

0800 138 1710

www.nottsruralsupport.org.uk

e: Admin@nottsruralsupport.org.uk

NRS provides free volunteer support for farmers, their families and others in the rural community who are going through difficult times that may be leading to anxiety and stress. Lincolnshire Rural Support Network (LRSN) offer all farmers and their staff attending Newark Livestock Market a free health screening clinic. Working in partnership with existing agencies such as LRSN, RABI, and FCN and with local health care professionals to provide appropriate coordinated assistance to farmers.

SCOTLAND

- **Scottish Mental Health**

0141 530 1000

<https://www.samh.org.uk/>

@SAMHtweets

Mental health support lines across Scotland, between 9am to 5pm, Monday to Friday.



SHROPSHIRE

- **Shropshire Rural Support**

0300 123 2825

www.shropshireruralsupport.wordpress.com

E: brenda@rs-network.org.uk

Confidential support for people living in rural Shropshire during periods of anxiety and stress. Also has extensive network of contacts who can provide guidance and signposting to professional advice on most aspects of living and working in rural communities and businesses.

SHROPSHIRE AND HEREFORDSHIRE

- **Borderlands Rural Chaplaincy**

07958 591646 or 07531 676832

www.borderchaplain.org

@Rurchap1

Confidential listening ear offering pastoral support to farmers, farming families and agricultural communities.





REGIONAL

STAFFORDSHIRE AND DERBYSHIRE PEAK DISTRICT

- **The Farming Life Centre**

01692 810903

www.thefarminglifecentre.org.uk

E: info@thefarminglifecentre.org.uk

@FarmingLC

Provides health/well-being and business related information and support to the farming and rural community of the Derbyshire and Staffordshire Peak District. Runs projects to address the (often hidden) health, social and economic inequalities and deprivation within the upland farming community. The underlying ethos is to improve the resilience of the rural community by supporting residents of all ages to deal with challenges in a timely way – before reaching a point of crisis.

SUFFOLK

- **The YANA Project**

0300 323 0400

www.yanahelp.org

e: yanahhelp.org

@yanafarming

Specialises in Mental Health: informative website, confidential helpline run by Samaritans trained volunteers, access to counsellors and doctors, funding for counselling for those in farming and rural trades, Norfolk & Suffolk.

TEESDALE

- **Upper Teesdale Agricultural Support Service**

01833 641010

www.utass.org

e: @utass.org

Works with and for the people of upper Teesdale and beyond, across the rural communities of County Durham to help prevent problems from getting to the desperate stage and assist in maintaining a safer, happier self-sustaining community.



YORKSHIRE

- **Yorkshire Rural Support Network (part of the Charitable Activities of the Yorkshire Agricultural Society)**

01423 541000

www.yas.co.uk/charitable-activities/yorkshire-rural-support-network

e: kated@yas.co.uk

@YorksAgSoc

Facebook: @YorkshireAgriculturalSociety

The Support Network brings together farming help organisations across Yorkshire focussing on farmer health and wellbeing, social isolation and women in farming.

WALES

PEMBROKESHIRE

- **The DPJ Foundation**

0800 587 4262 Text: 07860 048799

www.thedpjfoundation.com

@dpjfoundation

Support for those in rural communities with poor mental health, especially men in the agriculture sector.

Funding for counselling in Pembrokeshire.





REGIONAL

WALES

- **CALL Mental Health Helpline**

0800 132737

www.callhelpline.org.uk

e: mail@callhelpline.org.uk

@call_247

Text: help to 81066

A 24/7, 365 day a year mental health helpline providing emotional support, signposting to local agencies and free self-help leaflets.

WEST WALES

CARMARTHENSHIRE, CEREDIGION & PEMBROKESHIRE

- **Tir Dewi**

0800 121 4722

www.tirdewi.co.uk

e: mail@tirdewi.co.uk

Provides volunteers to talk to about problems and signposting to farming focussed organisations who can offer practical help and support.

ADDITIONAL ON-LINE SUPPORT

- **Professional Cricketers Association**

www.thepca.co.uk

Self-harm and Suicide Prevention on-line Module.

- **SANE**

www.sane.org.uk

Providing emotional support and information to anyone affected by mental illness.

- **Staying safe**

www.connectingwithpeople.org/StayingSafe

if you're not sure life's worth living.

- **U Can Cope**

www.connectingwithpeople.org/ucancope

22m film and online resources.



ADDITIONAL HELP

- **Cruse**
www.cruse.org.uk
Bereavement Counselling - available throughout UK and online resources.
- **Farm and Country Finance**
www.farmandcountryfinance.co.uk
Arrange finance for land, farm, rural and equestrian finance quickly, and without fuss.
- **Forage Aid**
www.forageaid.org.uk
Sources forage and bedding from donations and pledges from within the farming community, then distribute it to those whose own supply of feed has been destroyed or made inaccessible due to the weather.
- **MIND**
www.mind.org.uk
Mental health – check website for local groups.
- **Papyrus**
www.papyrus-uk.org
Support for young people in the prevention of suicide.
- **Survivors of Bereavement By Suicide (SOBS)**
www.uksobs.org
Help for those who have been bereaved by suicide.
- **The Money Advice Service**
www.moneyadviceservice.org.uk
A money advice service set up by The Government.





REGIONAL

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SIGNS, SYMPTOMS & ACTION

If you are concerned about someone and think they might be suffering from depression, stress or anxiety, encourage them to see their doctor promptly. It might help if you offer to go with them but just listening and offering support will help. Depression is not unusual, affecting 1 in 5 people at some point in their lives but those in farming and rural trades are particularly susceptible often because of the isolation of the workplace. The contacts in this directory can offer additional help, support, empathy and understanding.

If you think someone is in crisis and having suicidal thoughts please take action immediately. Advice on actions to take if you are concerned about someone can be found on www.yanahelp.org

Common symptoms of stress and depression can include:

- Low mood (sadness, frequently tearful or unable to cry)
- Anxiety – worrying obsessively, or out of proportion to the problem
- Changes in appetite (loss of appetite or increased appetite)
- Disturbed sleep patterns
- Lack of energy/feeling tired
- Reliance on alcohol
- Lack of interest in family and friends
- Unable to enjoy hobbies as before
- Loss of sex drive
- Confused thinking, poor concentration and difficulty in making decisions
- A change in personality (such as uncharacteristic aggression)
- Negative thoughts

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For additional copies of
this directory or further
information please contact
johoey@yanahelp.org