

YANA

RURAL MENTAL HEALTH SUPPORT



THE PRINCE'S
COUNTRYSIDE
FUND



FARM SAFETY FOUNDATION

Financially supported by 30712 2600000

Confidential Helpline: 0300 323 0400

Please leave a voicemail if helpline is not staffed
or email johoey@yanahelp.org

yanahelp.org

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

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Thetford, Norfolk IP25 6AR

Version number 3



www.carbonbalancedprinter.com
Hollays Print Group - Reg. 2108

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YANA has carbon balanced the print of
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YANA

RURAL MENTAL HEALTH SUPPORT

National Directory of Rural Support Groups



by your side yanahelp.org

You are not alone with YANA by your side.

YANA believes in collaboration, especially amongst the charities that offer assistance with the challenges of rural work and life. YANA compiled this Directory of national and regional rural support organisations to help signpost the sources of help and advice.

Take it, use it and share it. Together we can make a difference.

"We are thrilled to support the YANA Directory of national rural support groups. We recognise the great potential of this guide to be used by anyone from a rural community in need of support, to find a local agency that is able to offer assistance to anyone at a crisis point, or preferably before they get to this stage. We feel this has even greater relevance while current uncertainties facing the rural communities of the UK are leading to greater life stress."



**THE PRINCE'S
COUNTRYSIDE
FUND**

NATIONAL

The Farming Community Network

03000 111 999
www.fcn.org.uk
e: help@fcn.org.uk [helpline]
e: help@fcn.org.uk [general]
@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]
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 724931. Helpline: 0808 281 9490
www.rabi.org.uk
e: info@rabi.org.uk
@RABIcharity

Financial support for farmers in times of crisis.

Royal Scottish Agricultural Benevolent Institution

0300 111 4166
www.rsabi.org.uk
e: rsabi@rsabi.org.uk

Provides emotional, practical and financial support to individuals and their families across the agricultural sector including farming, crofting and growing.

Samaritans

116 123
www.samaritans.org
e: jo@samaritans.org
[@samaritans](https://www.samaritans.org)

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](https://www.addingtonfund.org.uk)

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@nfmutual.co.uk
[@yellowwelliesUK](https://www.yellowwellies.org)

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 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](https://www.thegamekeeperswelfaretrust.com)

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](https://www.maytree.org.uk)

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.

► 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.

The Farmer Network Ltd

01768 868615

www.thefarmernetwork.co.uk

e: info@thefarmernetwork.co.uk

The Farmer Network is an independent, "not for profit" organisation providing help and support to farmers, their families and businesses across Cumbria and The Yorkshire Dales.

► 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.

► DERBYSHIRE

Derbyshire Agricultural Chaplaincy (DAC)

01629 828460
www.ruralactionderbyshire.org.uk
e: chaplaincy@ruralactionderbyshire.org.uk
e: a.griggs@ruralactionderbyshire.org.uk
@RuralActionDerb

Established in 1924, Rural Action Derbyshire (formerly Derbyshire Rural Community Council) is an independent organisation and registered charity, operating across the county. RAD aims to improve the life of those living and working in Derbyshire. The Derbyshire Agricultural Chaplaincy is a project managed by RAD providing confidential practical and pastoral support to farmers, young farmers, and farming families in Derbyshire.

► DEVON

Dartmoor Hill Farm Project

01822 890913
e: hfp@dartmoor.gov.uk

The Dartmoor Hill Farm Project covers the National Park area and provides a range of services to hill farmers helping to support agricultural businesses in a variety of different ways. This includes training, advice and general support and guidance on a wide range of issues.

► DEVON AND SOMERSET

Exmoor Hill Farming Network

01643 841455
www.exmoorhillfarmingnetwork.org.uk
e: kwilliams@northdevonplus.co.uk
@ExmoorHFN

The Exmoor Hill Farming Network was established in 2014 to improve the viability and sustainability of Exmoor farming businesses through knowledge-transfer, peer-group support, training, and co-operation to safeguard upland farming, rural employment and landscape management.

► DURHAM

Upper Teesdale Agricultural Support Services

01833 641010
07968 874968 available 24/7 for those with urgent needs
www.utass.org
e: diane@utass.org
@UtassUpperTees

Providing training, guidance, practical support, help with complex paperwork, social events/activities and community transport with and for the people of the Durham Dales and beyond. Our aim is 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 The Farming 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

Herefordshire Rural Hub

01432 268428

www.herefordshireruralhub.co.uk
e: hub@herefordshireruralhub.co.uk
@Hfds_RuralHub

Providing an information and support network to farming and other rural businesses, in and around Herefordshire, through newsletters, website, email, and events

► 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
@FieldNurseRV

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
@Lincsruralhelp

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

YANA

0300 323 0400
www.yanahelp.org
e: johoey@yanahelp.org
@yanafarming

Specialises in Rural Mental Health Support with informative website; confidential helpline run by Samaritans-trained volunteers with access to specialist counsellors and doctors; funding for counselling for those in farming and rural businesses in Norfolk, Suffolk and Worcestershire.

► NOTTINGHAMSHIRE

Nottinghamshire Rural Support

0800 138 1710
www.nottsruralsupport.org.uk
e: Admin@nottsruralsupport.org.uk
@Nottsrural

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. With Lincolnshire Rural Support Network (LRSN) and NRS offers 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.



► 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.

► SOMERSET AND DEVON

Exmoor Hill Farming Network

01643 841455
www.exmoorhillfarmingnetwork.org.uk
e: kwilliams@northdevonplus.co.uk

The Exmoor Hill Farming Network was established in 2014 to improve the viability and sustainability of Exmoor farming businesses through knowledge-transfer, peer-group support, training, and co-operation to safeguard upland farming, rural employment and landscape management.

► 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

YANA

0300 323 0400
www.yanahelp.org
e: johoey@yanahelp.org
[@yanafarming](https://twitter.com/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 in Norfolk, Suffolk and Worcestershire.

► SUSSEX

Action in Rural Sussex

01273 473 422
www.ruralsussex.org.uk
[@ruralsussex](https://twitter.com/ruralsussex)

An independent charity that exists for all people living in rural areas of Sussex, but especially those who are at risk of isolation and / or disadvantage.

► WORCESTERSHIRE

YANA

0300 323 0400
www.yanahelp.org
e: johoey@yanahelp.org
[@yanafarming](https://twitter.com/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 in Norfolk, Suffolk and Worcestershire.



► YORKSHIRE

The Farmer Network Ltd

01768 868615
www.thefarmernetwork.co.uk
e: info@thefarmernetwork.co.uk

The Farmer Network is an independent, “not for profit” organisation providing help and support to farmers, their families and businesses across Cumbria and The Yorkshire Dales.

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](https://twitter.com/YorksAgSoc)
Facebook: [@YorkshireAgriculturalSociety](https://www.facebook.com/YorkshireAgriculturalSociety)

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

NORTHERN IRELAND

Rural Support/Advice and Rural Support Northern Ireland

0800 138 1678
www.ruralsupport.org.uk
e: info@ruralsupport.org.uk
@RuralSupport

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.

SCOTLAND

Scottish Mental Health

0141 530 1000
www.samh.org.uk
@SAMHtweets

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

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.

► GARMARTHENSHIRE, CEREDIGION & PEMBROKESHIRE

Tir Dewi

0800 121 4722
www.tirdewi.co.uk
e: mail@tirdewi.co.uk
@DewiTir

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

► 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.

ADDITIONAL HELP

▶ **Cruse**

www.cruse.org.uk | @CruseCare

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 | @forageaid

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.

▶ **Gay Farmer**

www.gayfarmer.co.uk

Nationwide, confidential support for gay farmers and their families.

▶ **Grassroots Suicide Prevention**

www.prevent-suicide.org.uk | @GrassrootsSP

Supporting people at the risk of suicide. Look at the Staying Alive App.

▶ **Heads Together**

www.headstogether.org.uk

Bringing together partner charities to tackle mental health issues head on. This includes the 24/7 Shout text messaging service to trained counsellors. Text SHOUT to 85258.

▶ **MIND**

www.mind.org.uk | @MindCharity

Mental health – check website for local groups.

▶ **Papyrus – HOPELINEUK**

www.papyrus-uk.org | @PAPYRUS_tweets

Support for young people in the prevention of suicide.

▶ **Professional Cricketers Association**

www.thepca.co.uk | @PCA

Self-harm and Suicide Prevention on-line Module.

▶ **SANE**

www.sane.org.uk | @CharitySANE

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.

▶ **Survivors of Bereavement by Suicide (SOBS)**

www.uksobs.org | @SOBScharity

Help for those who have been bereaved by suicide.

▶ **The Money Advice Service**

www.moneyadviceservice.org.uk | @YourMoneyAdvice

A money advice service set up by The Government.

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SIGNS, SYMPTOMS & ACTION

Around 1 in 5 of us has had suicidal thoughts at some point...



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.

COMMON SYMPTOMS OF STRESS AND DEPRESSION



Low mood
(sadness, frequently tearful or unable to cry)



Anxiety
(worrying obsessively or disproportionately)



Lack of interest in family and friends



Unable to enjoy hobbies as before



Changes in **appetite**



Loss of sex drive



Disturbed sleep patterns



Confused thinking and poor concentration



Lack of energy / feeling tired



A change in personality (e.g. uncharacteristic aggression)



Reliance on **alcohol**



Negative thoughts

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