

Keeping Mentally Well Resources for farming communities

A. Resources aimed at the Farming Community

1. The Little Book of Minding Your Head:

Developed by the Farm Safety Foundation specifically for the farming community and linked with the recent Mind Your Head Campaign on the yellowwellies.org website.

This provides information on understanding mental ill health, stress, depression, self-care tips and signposting for further support. An electronic version of the book can be downloaded here >> <https://www.yellowwellies.org/the-little-book-of-minding-your-head-download-your-copy-here/> or a physical copy is available through emailing stephanie_berkeley@nfumutual.co.uk. The www.Yellowwellies.org website also has lots of resources and links to blogs from farmers who have shared their stories of poor mental health.

2. Shropshire Rural Support

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. Access at www.shropshireruralsupport.wordpress.com, call 0300 123 2825 or email ruth@shropshire-rural-support.org.uk

3. Borderlands Rural Chaplaincy

Confidential listening ear offering pastoral support to farmers, farming families and agricultural communities. Access at www.borderchaplain.org, call 07958 591646 or 07531 676832 or follow on social media @Rurchap1

4. RABI (The Royal Agricultural Benevolent Institution)

Provide financial support for farmers in times of crisis. Access at www.rabi.org.uk, call 0808 281 9490 or email info@rabi.org.uk

5. National Directory of Rural Support Groups (YANA Rural Mental Health Support):

The directory includes the services above as well as additional national resources. It is available online here >> <https://www.yanahelp.org/rural-directory.pdf> or to request a hard copy email johoe@yanahelp.org

B. Additional Information for Wider Support

1. TogetherAll: www.togetherall.com

A free, secure and anonymous online mental wellbeing site with an active forum, round-the-clock support from trained professionals and a wide range of useful materials to help manage or improve your mental health

2. Pick Up The Phone You Are Not Alone (suicide prevention guidance)

An online or printable resource providing guidance on what to do/who to contact if you or someone you are concerned about is having suicidal thoughts. Accessible here >> <https://shropshire.gov.uk/media/13319/pick-up-the-phone-you-are-not-alone.pdf> .

3. Free Bereavement Support: Call 0345 678 9028

Free and confidential access to bereavement support for any Shropshire resident that lives in area served by Shropshire Council.

4. Shropshire MIND

Provide a wide range of support and services for people and their families affected by mental and emotional distress. The core service is based within Shrewsbury however additional drop-in services are available in Whitchurch, Bridgnorth, Ludlow and Market Drayton. Contact on 01743 368647 or email manager.shropshiremind@gmail.com

5. Samaritans

Offer confidential listening and a safe place to talk about whatever is getting to you. Free phone on 116 123

6. Shout (text service)

A free 24/7 text service for anyone worried about their mental health available at any time, any place and need immediate help. Text 85258

7. Free online Suicide Awareness training

A 20 minute online video developed by the national Zero Suicide Alliance which provides insight into how anyone can help prevent a suicide death by noticing risk, saying something and understanding how to signpost to support. Accessible here >> <https://www.zerosuicidealliance.com/training/> . We have shared this widely with our partners and would recommend as many people as possible complete it. We all have a part to play in suicide prevention and we have received a number of local accounts in Shropshire where individuals had the confidence to identify risk and intervene as a direct result of completing this training.

8. Shropshire directory of mental wellbeing support

A wide range of information, local contacts and support for anything that may be worrying you. Please click the following link the Shropshire Council Mental health and wellbeing webpage: [Mental health and wellbeing | Shropshire Council](#)

9. Shropshire directory of employment, financial or money worry support

With the coronavirus pandemic affecting many of our local businesses and employers, it can be a worrying time for your job security and future. If you're worried about losing your job, if you're out of work, struggling financially, need help to upskill yourself or to look for new work, [our 'Work, Skills and Money' guide](#) brings together some good sources of help.