



Health and Wellbeing of Women in Farming

USEFUL CONTACTS

Please find below some useful contacts for wellbeing support. If you require support specific to any topic, please don't hesitate to ask and we can signpost you to relevant organisations.

FCN

The Farming Community Network (FCN) is a UK-wide voluntary organisation and charity that aims to improve the health and wellbeing of people in farming and 'walk with' people at times of difficulty and change.

FCN provides local support through volunteer county groups and operates a confidential helpline (03000 111 999) open 7am - 11pm, 365 days of the year and an e-mail helpline (help@fcn.org.uk).

Please contact them to access free, impartial and confidential support from a volunteer who understands farming life and its unique pressures.

RABI

RABI provide online mental health support and a free phone wellbeing helpline 24/7 on 0800 188 4444. RABI also has a free to access counselling service and email support (counselling@rabi.org.uk).

THE DPJ FOUNDATION

In Wales, the DPJ foundation offer farming specific mental health support on 0800 587 4262 or you can text them on 07860 048 799.

SAMARITANS

If you are having a difficult time or you are worried about someone else, the Samaritans can be contacted on 116 123 free of charge, any time of day or night. They can also be emailed at jo@samaritans.org

MIND

Support and information, including about self-harm, is available at mind.org.uk or by calling 0300 102 1234.

STAY ALIVE

The Grassroots Suicide Prevention provide a suicide prevention app called the 'Stay Alive' app. Please download the app from the Google Play Store or App Store.

WOMEN'S AID

For help and information about domestic abuse, please visit womensaid.org.uk. A chat service is available along with practical guidance and advice.

FCN | THE FARMING
COMMUNITY
NETWORK



University
of Exeter

Centre for Rural
Policy Research



Economic
and Social
Research Council

For further information about this research project please email farmsurvey@exeter.ac.uk or scan the QR code to visit our website.

