



Farming

...I'm fine!

Farming can demand a lot of you, both physically and mentally.

When did you last stop and ask yourself if you're fine?

Mental Health

Everyone has mental health and just like physical health, it's important to look after it.

Research tells us that 1 in 4 people in Scotland will experience a mental health problem at some point in their life¹. There are lots of services available to support you to recovery. Talking to someone you trust can also help. Try talking with family, a friend or a colleague. If you feel you need further help free confidential advice is available from:

Breathing Space:

Weekdays Monday-Thursday 6pm-2am

Weekends Friday 6pm-Monday 6am

0800 83 85 87

www.breathingspace.scot

Samaritans:

116 123 (24 hrs)

www.samaritans.org

jo@samaritans.org

Mood cafe:

www.moodcafe.co.uk

enquiries@moodcafe.co.uk

Scottish Association for Mental Health:

(SAMH)

0344 8000550

Weekdays 9am - 6pm

www.samh.org.uk

RSABI :

0808 1234 555

7am-11pm

www.rsabi.org.uk

It's important to speak with your doctor if your mood/thoughts/feelings have taken a downturn, even for a short period of time. Your doctor can help with:

- Self help resources & strategies
- Medication
- Referrals to other support services.

¹ McManus, S., Meltzer, H., Brugha, T. S., Bebbington, P. E., & Jenkins, R. (2009). Adult psychiatric morbidity in England, 2007: results of a household survey. The NHS Information Centre for health and social care.

do something each day for you

Emotional, Practical & Financial Support

RSABI HELPLINE 0808 1234 555
(7am - 11pm)

Royal Scottish Agriculture Benevolent Institution supports people from Scottish agriculture emotionally, practically and financially in times of need. The service is available to those who were previously or are currently involved in farming and crofting. This is a comprehensive service to clients who are experiencing difficult times to enable them to move forward.

Emotional support is available through our helpline, and is provided by case officers and volunteers, all of whom are Mental Health First Aid trained. We listen, keep people safe and access professional support when required. Our helpline is open from 7am-11pm 365 days of the year and offers a call out service for the lonely and vulnerable.

RSABI can access practical support such as, but not limited to, welfare benefits, business reviews, debt signposting, counselling and mediation services. We are happy to liaise with statutory agencies when required.

Our financial support can be for essential items including food, heating, counseling, disability aids, funerals, retraining and items for the home. Business costs will be considered to help overcome a short term crisis. All requests will be considered.



talk about how you feel

Later Life

As we grow older we may see less of others and loneliness and isolation can become an issue. Growing older can also affect your confidence when dealing with matters such as health, housing and finances. Feeling this way can affect your mental health. Free, confidential advice and support for people aged over 50, their carers and families in Scotland is available from:

Age Scotland:

0800 12 44 222 Monday-Friday 9am-5pm
www.ageuk.org.uk/scotland

The Silver Line:

0800 4 70 80 90 - 24hr helpline
www.thesilverline.org.uk

The Silver Line is a free confidential helpline providing information, friendship and advice to older people. Talking to others can make you feel more content and confident.

...are you fine?



set a good sleep routine

Financial Matters



Finances can cause stress and worry which can affect your mental & physical health. Getting help with your finances can help you feel more secure and reduce the impacts to your health too.

Citizens Advice and Rights Fife (CARF):

General advice - 0345 1400 095

Debt & money advice - 0345 1400 094

Welfare advice - 0345 1400 092

www.cabfife.org.uk

Money Advice Scotland:

0141 572 0237

www.moneyadvicescotland.org.uk

Mental Health & Alcohol

Drinking alcohol can affect your mental & physical health. If you are drinking too much or relying on alcohol to relax, you should ask for help from your doctor. Other help is available from:

Alcohol Change UK: 0300 123 1110

Weekdays 9am-8pm Weekends 11am-4pm

www.alcoholchange.org.uk

We Are With You: www.wearewithyou.org.uk

Alcoholics Anonymous: 0800 917 7650

Available 24/7

www.alcoholics-anonymous.org.uk

Mental Health & Drugs

Misuse of drugs can affect your mental & physical health and your personal safety. If you are relying on prescription/non prescription/illicit drugs that have not been discussed with your doctor, you should seek help.

We Are With You: www.wearewithyou.org.uk

Drugs, Alcohol & Psychotherapies Limited:

01333 422277 - www.dapl.net/home

Frank: 0300 123 6600, 24 hrs a day, 7 days a week

www.talktofrank.com

Other Helpful Contacts

Healthy Working Lives:

www.healthyworkinglives.scot

National Farming Union Scotland (NFUS):

0131 472 4000 - www.nfus.org.uk

Scottish Association of Young Farmers (SAYFC):

07747 865 291 - www.sayfc.org

Stop Smoking Services:

Quit Your Way with our support

NHS Fife - 0800 025 3000

Fife.smokingcessation@nhs.scot

Scottish Womens Aid:

0800 027 1234 - www.womensaid.scot

Childline: 0800 11 11 - www.childline.org.uk

NHS24: 111 - www.nhs24.scot

Care Information Scotland:

0800 011 3200 - www.careinfoscotland.scot

Open Mon-Fri 9am-5pm

Scottish Womens Institute:

0131 225 1724 - www.theswi.org.uk

Yellow Wellies Farm Safety Foundation

- www.yellowwellies.org

NHS Fife provides accessible communication in a variety of formats including for people who are speakers of community languages, who require Easy Read versions, who speak BSL, read Braille or use audio formats.

NHS Fife SMS text service number 0780 580 0005 is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact:
fife.EqualityandHumanRights@nhs.scot
or phone 01592 729130.