

Emergency Support Ambulance, Police, Fire

If you are looking for immediate support, assistance or advice for yourself or someone else you can contact the following:

Open: 24/7

Phone: 999 (or 112, which works from mobiles in all countries)

Samaritans

Provides confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts.

Open: 24/7

Phone: 116 123 (free to phone)

Text: 07725 90 90 90

NHS 24

Provides urgent health advice out of hours, when your GP Practice or Dentist is closed.

Phone: 111

Non-Emergency Services

Call when you want to contact your local police when it's less urgent than a 999 call.

Phone: 101

Mental Health Support

MIND

Non-urgent information about mental health support and services that may be available to you:

Infoline on 0300 123 3393

www.mind.org.uk

Email info@mind.org.uk

CALM

Campaign Against Living Miserably (CALM)

helpline 5pm–midnight, 365 days a year 0800 585858

www.thecalmzone.net

Shout

If you're experiencing a personal crisis, are unable to cope & need support text "Shout" to 85258

Stay Alive app:

A suicide prevention pocket resource for the UK. Help & support both for people with thoughts of suicide & for people concerned about someone else.

Papyrus

Advice for young people at risk of suicide.

Call 0800 068 4141

Stayingsafe.net

Website for people at risk of suicide and those supporting them.

National Rural Support

Gamekeepers Welfare Trust

Being there for gamekeepers, stalkers, ghillies and their dependents past, present and future.

www.thegamekeeperswelfaretrust.com

Phone: Jamie's Helpline: 0300 1233088

Email: help@thegamekeeperswelfaretrust.com

Farming Community Network (FCN)

Providing practical and pastoral support to farmers and farming families through difficult times.

Helpline answered in person 7 am to 11pm every day of the year

To talk to a sympathetic person who understands farmers and rural life, call: 03000 111999

www.fcnc.org.uk

Email: help@fcnc.org.uk

The Royal Agricultural Benevolent Institution (RABI)

Counselling and email support available in addition to a wide range of financial support for eligible individuals and families.

www.rabi.org.uk

Email: help@rabi.org.uk

Freephone Helpline: 0800 188 4444

Perennial

Free and confidential advice, support and financial assistance to people of all ages working in or retired from horticulture

www.perennial.org.uk

Tel: 0800 093 8543

E mail: info@perennial.org.uk

Local Rural Mental Health Support:

Farming Minds

We are Farming Minds charity based in Herefordshire providing training, events, information, advice and support to raise awareness of mental health issues with free counselling available

www.wearefarmingminds.co.uk

Call 0808 802 0070

Text 07786 203 130

YANA

Specialises in Rural Mental Health Support with helpline, information and access to specialist counsellors and doctors. Funding for counselling for those in farming and rural businesses in Norfolk, Suffolk and Worcestershire

0300 323 0400

helpline@yanahelp.org

DPJ Foundation

Our 24/7 counselling referral service specifically for the agricultural sector in Wales. We offer outreach counselling (on the farm) online, telephone or face to face in a location off-farm.

Share the Load to talk to someone 0800 587 4262 or text 07860 048799

www.thedpjfoundation.co.uk

Lincolnshire Rural Support Network

Providing pastoral, emotional and practical support to farming and rural people.

www.lrsn.co.uk

Tel: 0800 138 1710

Further information is available through the National directory of farm & rural support groups:

www.princescountrysidefund.org.uk



LOOKING AFTER YOUR MENTAL HEALTH

For Gamekeepers and Their Families



Mental ill health

Is just like a physical condition except you can't see it. Sometimes it can be short term, sometimes we need a bit of time and extra support and sometimes medical intervention. We can be up and down and usual things which come to challenge us can cause a dip. Don't be afraid to ask for help. We all need support sometimes.

Looking after ourselves

Whether you are having a tough time which is affecting your mental health, or you are caring or concerned for someone else, looking after yourself is very important. So what does this look like? Sounds easy doesn't it but taking small steps and one thing at a time can make a real difference to your overall wellbeing and ability to cope.

1. Sleeping well - routines at bedtime help, read a book, switch off devices, a hot drink – whatever works but to relax prior to sleep will help you to rest and recuperate ready for the next day.
2. Eating healthy – and watch your alcohol consumption that it does not creep up especially when you are on your own.
3. Time out – out of work and with family or friends and on a regular basis if you can and take out a few minutes for just being you.
4. Physically active – rural jobs are usually physically challenging but long hours on a tractor or caring for young families can restrict your time to walk/run/exercise. So take a few minutes for yourself if you are able.
5. Connections – learn something new, an interest outside normal work if you can; something different and conversations with people who are not directly involved in your work can be refreshing and stimulating.

Recognising Mental ill-Health

Some early signs of poor mental health might be:

- Poor concentration
- Worrying more
- Feeling less interested in day-to-day activities
- Low mood
- Feeling overwhelmed by things
- Tearfulness

- Tiredness and lack of energy
- Sleeping more or less
- Talking less and avoiding social activities
- Talking more or talking very fast, jumping between topics and ideas
- Finding it difficult to control emotions
- Drinking more
- Irritability and short temper

What can you do to help your loved ones and yourself

- Listen to your own feelings but if you are supporting someone really listen to them. If they say they are fine, ask again “how are you really”
- Say what you see. Express your concern if you are worried about someone – It shows you care and are prepared to help.
- Act normally – do the usual things, reassure and listen when required but don't over react
- Be patient - It takes time to work out that mental health and well being is as important as physical health and take each day as it comes. It takes time to recover.
- Don't force it – either to talk or take action – everyone is different and getting help is important but at the right time. it might be that listening or talking it through is all it takes or is the first step for a recovery plan.
- Offer practical help whether it's doing the dogs, the shopping or whatever works. Or don't be afraid to ask for a bit of a hand if you are struggling yourself.

Counselling can be sourced and provided free.

www.thegamekeeperswelfaretrust.com

Jamie's Helpline: 0300 1233088

Office: 01677 470180



Are you or someone you know suicidal?

- Talk openly about suicide and don't avoid the issue
- Listen to their feelings
- Express your own feelings
- Ask for help
- Do not be judgmental
- Alternatives are available, talk about those
- Do not promise confidentiality, you may need to call for urgent help
- Remove any means the person has to complete or attempt suicide
- Get assistance

Call the Samaritans 116 123

Breathing Space 0800 838 587

999 if in an emergency

What to do in a crisis

- DO bring the person to a calm environment
- DON'T give complex instructions
- DO explain what you are doing and why
- DO speak calmly to avoid excitement
- DON'T make sudden moves
- DO remember that people may recall what has happened when they are well, even though they appear to be out of touch with reality at the time of the incident
- DON'T try and talk a person out of their feelings – they are very real to them
- DO stay with the person and listen (if safe for you)
- DON'T assume that some things a person says or reports are unreal, they may be true (e.g. reporting an incident)

