

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.fcen.org.uk

Email: help@fcen.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



**MENTAL ILL
HEALTH IN THE
WORK PLACE
FOR RURAL
WORKERS IN
ENGLAND
& WALES**



An employer has a duty of care

To his/her employee and this is manifested in many ways from adhering to employment law to health and safety which encompasses the health of the individual. Ensuring safe working and lone working measures are well known, but perhaps less understood are sensible measures against mental ill health.

Feeling low and experiencing mental ill health can be a temporary and normal response to a circumstance an individual is experiencing for example: bereavement, physical illness, problem at work or a breakdown in relationship.

Personality and genetic factors may cause a person to be more prone to anxiety, stress, or depression. Mental ill health can be triggered by any of the above or combination of events.

Spotting the signs of mental ill health can be difficult especially in gamekeepers, stalkers, ghillies, and other rural workers. They tend to be quiet individuals who keep their own counsel and do not talk easily about their feelings.

There are general pointers which can cause concern for example: behaviour out of character, general appearance or demeanour.

Signs to look out for?

1. More quiet than usual, withdrawing into him/herself
2. Not as tidy in personal appearance
3. Losing weight or sometimes gaining weight
4. The house and vehicle not as tidy as normal
5. Irritability or losing temper more than usual or other behaviour out of character
6. Not answering the phone
7. Reacting to circumstances i.e., work related directives which is not proportionate to the situation.

It is incumbent on employers and colleagues to be aware of circumstances and issues which could cause concern, and support those who may be affected. Reacting appropriately to situations which may arise, and management of staff is crucial in alleviating any problems. It can be difficult to know the most appropriate course of action especially in a rural context where individuals work and live in the same environment, often remote and isolated areas. However, there are practical steps which can be taken and organisations which can help.

What can you as an employer/manager do?

- Be aware
- Ask
- Listen
- Reassure
- Provide information
- Offer support so that an individual feels safe and not at risk of losing his/her job/home
- Encourage peer support
- Consider suggesting a visit to the doctor and/or counselling
- Make sure holidays are taken and time off the estate is offered and taken regularly
- Ensure guns and firearms are safe (keys removed or guns taken to a safe place) and police are informed as appropriate
- Change working practices if required
- Training of staff and managers in mental health
- Regular reviews to assess the situation

Further information available includes:

The Gamekeepers Welfare Trust provides information packs and booklets on stress, MOT for the mind and mens/womens health in the context of rural occupations and living and a range of fact sheets within the Gamekeeping for Life packs or Ladies packs available free on request. Our "who you gonna call" card includes information on help available and daily tips for living when times are tough. The Stag and Hind courses are available in person or on line to groups, estates and individuals designed to promote mental well being, communication and build resilience.

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)