

The Gamekeepers' Welfare Trust, The Scottish Land and Estates are members of the National Rural Health Forum – Dedicated to ensuring people in rural Scotland lead mentally healthy lives (ruralwellbeing.org) which has a wealth of information and support including the following:

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

Breathing Space

For those feeling worried or down, experienced advisors listen and offer information and advice.

Open: Mon-Thurs 6pm-2am, 24hrs on weekends (6pm Fri- 6am Mon)

Phone: 0800 838 587

(free to phone, # won't show up on telephone bills)

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

NHS Living Life

Free phone service for those aged 16+ experiencing anxiety, low mood and mild to moderate depression. Offers guided self-help and cognitive behavioural therapy.

Phone: 0800 328 9655

Mental Health Support

Support in Mind Scotland

Provides a range of mental health support, resources and services to individuals, family members, carers and other supporters.

Phone: 0300 3231545

Email: info@supportinmindscotland.org.uk

Gamekeepers Welfare Trust

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

Phone: Jamies helpline 0300 1233088

Email: help@thegamekeeperswelfaretrust.com

Charity No: 1183553

RSABI

Supports people from Scottish agriculture emotionally, practically and financially in times of need. The service is available to those previously and currently involved in farming and crofting. We listen, keep people safe and access professional support when required. Also offers a call out service for the lonely and vulnerable.

Open: Daily from 7am to 11pm

Phone: 0300 111 4166

Ewen's Room

A confidential telephone helpline and a text-based support service for people who need to talk.

Open: Mon-Fri 5pm-10pm, Sat and Sun 12pm-10pm

Phone: 01967 750855

Text: 07537 431637

Mikeysline

A text service supporting the people of the Highlands in their times of need. Mikeysline is for all ages.

Open: Mon-Thurs 6pm-10pm, Fri-Sun 7pm-7am

Trauma Counselling Line Scotland

Offers confidential telephone counselling to any adult who experienced abuse as a child. This can include sexual, emotional, physical, psychological, spiritual abuse or neglect.

Open: Mondays to Wednesdays 5pm – 8pm and Thursday and Friday 9am – 2pm. You can also leave a message at all other times.

Phone: 08088 020406 (free to call)

National Domestic Violence Helpline

A national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.

Open : 24 hours a day, 7 days a week

Phone: 0808 2000 247 (freephone)

LGBT+ Wellbeing Helpline

Provides information and emotional support to lesbian, gay, bisexual and transgender people and their families, friends and supporters across Scotland. Also support those questioning or wanting to discuss their sexuality or gender identity.

Open: Tues & Wed, 12 noon – 9pm

Phone: 0300 123 2523

Know the Score Drugs Helpline

For free, confidential drugs information and advice.

Open: 8am-11pm 7-days a week

Phone: 0800 587 587

Citizen's Advice Scotland

Provides support and advice on a number of issues.

Phone: 0808 800 9060

Charity No: 1183553



MENTAL ILL HEALTH IN THE WORK PLACE FOR RURAL WORKERS IN SCOTLAND

Gamekeepers, Stalkers,
Ghillies and Shepherds



Charity No: 1183553

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/factor 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 friends' and relative's 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)

