



Farming Mental Health-

Mental Health in Farming is something that is not spoken about enough!
The stresses and pressures on British Farming are at an all time high.

A useful downloadable document from our friends at [Farm Safety Foundation - Yellow Wellies](#) is available here-

<https://www.yellowwellies.org/the-little-book-of-minding.../>

If you need help in Farming there are a number of support services out there to address mental health, financial and general support, such as <https://www.yellowwellies.org/> , <https://fcn.org.uk/> and <https://rabi.org.uk/> amongst others.

There is someone out there who can help! Don't struggle alone!

See our latest Facebook post about Mental Health here-
www.facebook.com/dcpolicerural