

Below are some of the support services that are in place for anyone who feels worried or stressed at this time.

It's important to stay protected against a drop in temperatures. By keeping warm, you can help yourself stay warm this winter. You can find out more here; [Staying warm in winter | nidirect](#)

Information from the NHS on how to stay well in winter can be found at [How to stay well in winter - NHS \(www.nhs.uk\)](#)

### **Rural Support**

Bureaucracy, family circumstances, health and finances can cause stress and anxiety. We offer a listening and signposting service for farmers and rural families in Northern Ireland. All calls are confidential and the helpline operates from 8am to 11pm, seven days a week (voicemail and support options available at all other times), phone: **0800 138 16778**. Rural Support website can be accessed at <http://www.ruralsupport.org.uk/>.

Information on the Rural Support Networks and the Warm, Well and Connect programme can be found here; [Warm Well & Connected Programme \(costaruralsupportnetwork.org\)](#)

These five directories list the names, numbers and web addresses (where applicable) of organisations that offer services to help improve mental health and emotional wellbeing within each Health and Social Care Trust area; [Directory of services to help improve mental health and emotional wellbeing | HSC Public Health Agency \(hscni.net\)](#)

### **Lifeline**

If you, or someone you know, is in distress or despair, call Lifeline on **0808 808 8000**. This is a free confidential service, where trained counsellors will listen and help immediately on the phone and follow up with other support if necessary. The helpline is available 24 hours a day, seven days a week. You can also access the Lifeline website at [www.lifelinehelpline.info](http://www.lifelinehelpline.info).

## **Samaritans**

If something's troubling you, then get in touch. We're here 24 hours a day, 365 days a year. Contact us on 116 123 or visit our website at <http://www.samaritans.org/>.

For more information on looking after your mental health and the support available across Northern Ireland can be found at [www.mindingyourhead.info](http://www.mindingyourhead.info). You can also visit your GP for advice.

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