

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

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: **0845 606 7 607**. Rural Support website can be accessed at <http://www.ruralsupport.org.uk/>.

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.

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. You can also visit your GP for advice.

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