



If you are involved with agriculture or another rural business in any way and are feeling low or struggling, or if you are worried about a member of your family, a colleague or friend, YANA can help.

Call our helpline 0300 323 0400 for confidential support every Monday to Friday between 10am and 1pm to speak to someone directly. When busy or unmanned, our team are on standby to make a call back if a message is left, or email [helpline@yanahelp.org](mailto:helpline@yanahelp.org)




**RABI**  
helping farming people

**The Royal Agricultural Benevolent Institution 0800 188 4444.**  
Provides financial support for farmers in times of crisis such as illness, bereavement or events beyond their control.  
[www.rabi.org.uk](http://www.rabi.org.uk)



**The Farming Community Network  
03000 111 999**

A network of volunteers from the farming community and rural churches providing pastoral and practical support to help people find a positive way through their problems. [www.fcn.org.uk](http://www.fcn.org.uk)




**Mind**

**Mind 0300 123 3393**  
Provides advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding. [www.mind.org.uk](http://www.mind.org.uk)



**Samaritans 116 123**

Provides help and emotional support at any time of the day or night. You do not have to give your name. [www.samaritans.org](http://www.samaritans.org)




**shout**  
for support in a crisis

**Shout Text 85258**  
Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text HAWKSTONE to 85258



**Relate - The relationship people  
0300 100 1234**

Contact them by phone or email to find your nearest counsellor, who you can contact directly. They have useful self-help information about relationships and family issues on their national Relate website. [www.relate.org.uk](http://www.relate.org.uk)



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

**Papyrus 0800 0684141**  
Support and advice for people under 35 experiencing suicidal thoughts or finding it hard to cope. Provides support for anyone concerned about another young person. Textline 07860 039967



**CALM**

Explore their guide to support after suicide: [www.thecalmzone.net/guides/support-after-suicide](http://www.thecalmzone.net/guides/support-after-suicide)