

FCN & Macmillan Cancer Support are working to improve help available to people living with cancer in rural areas. Visit [www.fcncancer.org.uk/cancersupport](http://www.fcncancer.org.uk/cancersupport)

SAVFC's Are Ewe Okay? campaign shares stories and experiences from their members who may have faced mental health challenges.

A confidential phone line for anyone in Scotland over the age of 16, feeling low, anxious or depressed. Their advisors come from a range of mental health, counselling and social work backgrounds. Helpline **0800 83 85 87** available: Monday to Thursday 9pm to 2am Friday 6pm to Monday 6am

Every 10 seconds, Samaritans responds to a call for help. They are not only for the moment of crisis, they are also taking action to prevent the crisis, offering a listening ear. They give people ways to cope and the skills to be there for others. Free 24hr helpline - **116 123**

Providing practical, emotional and financial support to all people involved in the Scottish agricultural industry. From Help for Heating grants to counselling and one-off payments for essential items like household items, their team are friendly, professional and all support is offered in confidence. Free 24hr helpline - **0808 134 555**

There may be times when you, or someone you know needs one-to-one support. Part of our work at Farmstrong Scotland is signposting to the many organisations that can help those in times of need. As well as your doctor, here are just a few you can contact:

### Five Steps to Wellbeing

Research shows many farmers and crofters are great at looking after their equipment and livestock, but, like many others, they can neglect their own wellbeing. As an industry, we can't afford to let these pressures reach the point where they damage productivity and affect the lives of families.



International research has found that people who thrive, have five things in common - **the five steps to wellbeing.**



**Your time, your words, your presence**

**Talk & listen, be there, feel connected**



**Do what you can, enjoy what you do, move your mood**



**Remember the simple things that give you joy**



**Embrace new experiences, see opportunities, surprise yourself**



**Better Wellbeing. Better Business.**

www.farmstrongscotland.org.uk  
hello@farmstrongscotland.org.uk

Founding funders: rthass, NFU Mutual Charitable Trust, NOVEMBER FUNDED PROJECT

Visit the Farmstrong Scotland Wellbeing Hub (scan the QR code below) to learn how other farmers and crofters manage their wellbeing, listen to our podcast, watch our videos, or download some of our free resources such as the five steps to wellbeing, how to manage stress and create your own wellbeing bank account.

Farmstrong Scotland is an initiative to help farmers, crofters, and those in the agricultural community, cope with the ups and downs of farming and crofting. It is a peer-to-peer led programme, driven by scientific information and real-life stories, so together we can share, learn and support our wellbeing.

A few small steps can make a big difference so you can live well, to farm and croft well. **Better wellbeing leads to better business** so find something that works for you.

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**About Farmstrong Scotland**

**Live Well. Farm and Croft Well.**

**Putting the wellbeing of you, and your families first.**

Registered SCIO SC053585  
OSCR Scottish Charity Regulator www.oscr.org.uk



<b>How are you feeling?</b>	Self-aware & calm	Irritable & impatient	Angry	Aggressive, out of control
<b>What's your stress level?</b>	Coping well	Worried, nervous	Highly nervous, panicky	Very anxious, panic attacks
<b>What's your outlook?</b>	Positive outlook	Overwhelmed	Feeling hopeless	Depressed or suicidal thoughts
<b>How are you working?</b>	Working productively	Putting things off, forgetting	Poor performance	Unable to perform duties
<b>How are you sleeping?</b>	Sleeping normally	Trouble sleeping	Restless, disturbed sleep	Sleeping too much or too little
<b>What's your energy level?</b>	Energetic	Low energy level	Tired	Physical symptoms of illness
<b>What's your activity level?</b>	Keeping active	Decreasing activities	Little enjoyment from activities	Avoiding activities
<b>How social are you?</b>	Feeling connected	Withdrawing from social activity	Irritated & frustrated with others	Isolated from others

## What can you do?

Keep it up!	Ask for support	See your GP	You must get help
	Try not to judge	Don't put it off, act now	 <b>RSABI</b> 0808 134 555  <b>SAMARITANS</b> 116 123  <b>BREATHING SPACE</b> 0800 83 85 87
	Talk to friends & family	Consider counselling	

**FARM STRONG**  
Scotland

Visit the Farmstrong Wellbeing Hub for stories, resources, podcasts, videos & more  
[www.farmstrongscotland.org.uk](http://www.farmstrongscotland.org.uk)

