







## Don't feel alone this Winter

The UK's Farming Help organisations are reminding people in the farming community not to suffer in silence this winter. If you are experiencing tough times, or you are concerned about a neighbour or friend...

Call us on

## 03000 111 999

## (if in Scotland call 0300 111 4166)

You will speak initially to a member of our Helpline team who understands the pressures of farming & the rural community. They will listen in confidence and can then connect you directly with further support if you wish.

Telephone: 03000 111 999 Email: help@fcn.org.uk

Helpline operated by The Farming Community Network on behalf of Farming Help members.

The Farming Help Partnership is supported by The Prince's Countryside Fund.

