

Looking After You

It is important to take the time to reflect on how well you are looking after yourself and identify your own individual ways of maintaining or improving your wellbeing



Physical Health

Making your physical health a priority is essential if you want to build a strong farm business and live a long healthy life. Regular exercise and eating a balanced diet can improve your health. Take time to look after your physical health by booking regular health checks.

Emotional Health & Wellbeing

It is equally important to look after your emotional health and wellbeing. Good emotional health allows you to build resilience so that you can deal with life's challenges; manage how you think and feel; protect your sense of wellbeing; and celebrate life events.



Farm Business Sustainability

Farming as an occupation is inherently stressful. Good physical and emotional health is an integral part of successful farm business planning and allows you to enjoy a healthy farming family life.



Services & Resources Available

Rural Support

Provide impartial guidance and support for farmers and farm families

Support Line: 0800 138 1678
www.ruralsupport.org.uk

HSENI Farm in Mind

Website for the farming community to identify level and origins of stress

www.farminmind.co.uk

Farm Families Health Checks

Allows farmers and their families to access health checks from a portable clinic

028 2563 5573

Mental Health Support & Services

Minding Your Head

www.mindingyourhead.info

MindWise

www.mindwisenv.org

Public Health Agency

Information on services available at
www.publichealth.hscni.net

Farm Family Key Skills

Training courses available at
www.cafre.ac.uk

General Services

Local GPs / Local Healthy Living Centres / Pharmacists / Helplines NI

Urgent Mental Health Support 24/7

Lifeline - 0808 808 8000

Samaritans - 116 123

