

Help and support for the farming community

I need urgent help with mental health issues

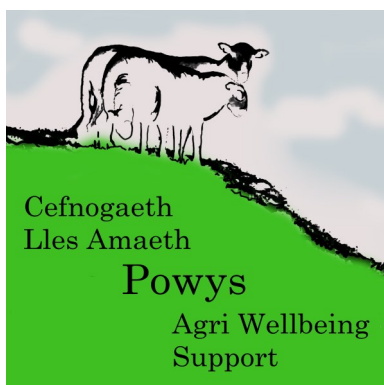
I'm concerned about my own or someone else's mental health.

C.A.L.L. Helpline confidential listening & support service
Call 0800 132 737 or text 81066
Samaritans Urgent 24 hour help for all: 116 123
Papyrus (prevention of suicide in under 35s) 0800 068 4141

Call NHS 111 and press 2 for mental health issues.
Powys Mental Health Information Service www.powysmentalhealth.org.uk
01597 828649 (directed through PAVO Community Connectors)
Mentalhealth@pavo.org.uk
RABI- online wellbeing support & counselling for farming people Support for children & young people, and adults- <https://explore.kooth.com/rabi/>
SilverCloud – a free course of online therapy for people aged 16+, experiencing mild to moderate anxiety, depression or stress.
<https://nhs.wales.silvercloudhealth.com/signup/>
The DPJ Foundation – free counselling online, by phone, locally or on the farm. Bereavement support and support after suicide. All call handlers are Samaritan trained. Phone: 0800 587 4262 Text: 07860 048799

Voluntary mental health organisations provide services, counselling and social activities in Powys. Services are open and accessible and a good starting point for people experiencing wellbeing issues.

Organisation	Phone	Email
Mid & North Powys Mind	01597 824 411	admin@mnpmind.org.uk
Brecon and District Mind	01874 611 529	info@breconmind.org.uk
Ponthafren (Newtown)	01686 621 586	admin@ponthafren.org.uk
Ponthafren (Welshpool)	01938 552 770	welshpooladmin@ponthafren.org.uk
Mind Ystradgynlais	01639 841 345	info@minditv.org.uk
Rekindle	01686 722 222	help@rekindle.org.uk
Mental Health Support for 16-25 years		



PAVO Community Connectors across Powys link people with voluntary organisations and community groups to support them. They can help with transport, benefits, health conditions & many others. 01597 828 649 or community.connectors@pavo.org.uk

Infoengine – en.infoengine.cymru
a searchable online directory of services and organisations in Wales

Leaflet produced by Powys Agri Wellbeing Support - December 2023
For information about the group, contact sharon.healey@pavo.org.uk

I want advice and support with farming related issues, from someone who knows about farming.

FarmWell - An online directory of information and advice Keeping you and your business resilient in changing times and planning positively for the future. www.farmwell.wales (Eng) www.farmwell.cymru (Cym)

Farmers Union of Wales - www.fuw.org.uk
National Farmers' Union - www.nfuonline.com

Farming Community Network - talk to a sympathetic person who understands farmers & rural life **03000 111 999**
 Calls are answered in person from 7am-11pm every day of the year.

The DPJ Foundation - Supporting farmers with the stresses of life **0800 587 4262** or text **07860 048 799**

Tir Dewi- providing a free, confidential helpline and on farm support service, enabling and supporting farmers to find solutions to whatever problems they face. **0800 121 4722**

RABI- Offering financial support, practical guidance, online and face-to-face counselling to farming people of all ages, including farmers, farmworkers and dependants. Free helpline **0800 188 4444**

Mamwlad Project especially for the older agricultural community to stay safe at home with home adaptations, benefits advice and support. **01686 620760** or **01686 623707**

I need information and support with specific issues

Voluntary organisations provide services, counselling & activities, linked with specific groups or particular needs. Most of them are run by local people for local people and have years of experience.

What support is offered	Organisation	Phone
Quick and easy access to advice and health treatment	NHS 111	111
Support for older people	Age Cymru Powys	01597 825 908 / 01686 623 707
Support for gamblers & those affected	ARA gambling service	0330 1340 286
Support with eating disorders	Beat Eating Disorders	Wales helpline 0808 801 0433
Help for those affected by cancer	Improving the Cancer Journey Bracken Trust, PAVO, CREDU	Contact Community Connectors 01597 828649
Substance misuse support	Adferiad (young people)	0300 777 2258
Healthy home assessments & adaptations	Care and Repair Powys (for older and disabled people)	01686 620 760
Legal, money & other problems	Citizen's Advice	0345 601 8421
Connecting & supporting carers	CREDU	01597 823 800
Bereavement advice & support	Cruse	0808 808 1677
Dementia support	Dementia Matters in Powys	01597 821 166
Support for families with children	Home Start Cymru	07871 302 077
Drug and alcohol services	Kaleidoscope centres across Powys	01686 610 422
Loneliness and isolation (over 50s)	Powys Befriending Service	01597 822191
Relationship counselling	Relate Cymru	0300 003 2340