

Episode 137 links and helplines

RABI - Freephone helpline **0800 188 4444**

<https://rabi.org.uk/>

(Notes supplied directly from RABI)

None of the following services incur any cost to the individual, and there is no need for a GP referral or medical diagnosis. If you need support, we are here with options to help you.

Our online wellbeing support and counselling support are confidential services.

Online Wellbeing Support - <https://explore.kooth.com/rabi/>

RABI have an online portal which gives access to the following:

- A **drop-in chat function** for service users to speak to a readily available counsellor (in English and Welsh).
- A **24-hour messaging function** for service users to contact the counselling team (in English and Welsh).
- A function allowing the pre-booking of **counselling sessions** with a named counsellor on a regular basis (in English and Welsh).
- A wide range of **forums**, all of which are pre-moderated, offering facilitated peer support for service users. These forums often provide the crucial first steps towards getting further therapeutic support (in English).
- An **online magazine** with full content moderation, creation and editing, which encourages service users to share their stories or write articles, all of which is pre-moderated.
- **Information, activities and self-care resources** readily available for service users to download.

Counselling Support - <https://rabi.org.uk/in-person-counselling-support-for-farmers/>

- Over the phone, by video call, or in-person
- Once you call the RABI helpline (0800 188 4444) you will be called back by a counsellor **within 24 hours** to talk about how they may be able to support you.
- Our counsellors are all BACP certified.

Big Farming Survey

<https://rabi.org.uk/wp-content/uploads/2021/10/RABI-Big-Farming-Survey-FINAL-single-pages-No-embargo-APP-min.pdf>

Other useful links

<https://rabi.org.uk/how-we-help/useful-links/>

Farming Community Network (FCN)

To talk to a sympathetic person who understands farmers and rural life, call:
03000 111999 Calls will be answered in person from 7am-11pm every day of the year.

Website: <https://fcn.org.uk/>

<https://fcn.org.uk/cysylltu-a-fcn/?lang=cy> – in Welsh

For non urgent enquiries:

For information and general enquiries, FCN's national office can be contacted either by phone on **01788 510866** between 9am to 5pm on weekdays or email us at help@fcn.org.uk.

Other mental health helplines/services

<https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/helplines-listening-services/>

Shout. If you would prefer not to talk but want some mental health support, you could text SHOUT to [85258](https://www.shout247.com/). Shout offers a confidential 24/7 text service providing support if you are in crisis and need immediate help.