

# Are you really as tough as old boots?



Stress, anxiety, loneliness, bereavement, depression, retirement, illness, family concerns, worries about the future...

We all experience these things at some stage in our lives.

**If you need to talk, we're here to listen.**

**Call 03000 111 999**

**Email [help@fcn.org.uk](mailto:help@fcn.org.uk)**

We are farming people and we are here to help.

**FCN**

**THE FARMING  
COMMUNITY  
NETWORK**