



# Wellbeing Support for the Agricultural Community

## What FCN can provide you

Developed by national charity The Farming Community Network, this training has been created with insights from our first-hand experiences and cases presenting to our charity. It is delivered by our accredited in-house team, who understand the challenges and pressures farmers are under.

### The session covers:

- What is meant by the term 'mental wellbeing'?
- Stressors in farming
- What constitutes good mental health and mental ill-health?
- Ways to keep mentally fit and healthy on the farm
- How to spot signs and symptoms of mental ill-health
- Challenging stigma
- Looking after ourselves and the people around us
- Support available

Resource book provided.

Each year we help approximately **6,000 people** with a wide range of issues, from mental ill-health and financial worries to family disagreements and animal welfare concerns.

Available for online and in-person delivery.

Join us in helping to create a **healthy and resilient farming future.**



## BOOK A WORKSHOP NOW

Email [training@fcn.org.uk](mailto:training@fcn.org.uk) with enquiries.