


Are you struggling? Farming can sometimes be a lonely and stressful job. Pressure and isolation can contribute to feelings of depression and anxiety, and if not dealt with, can slowly spiral out of control.



It's so important to seek help if you are struggling  ...please ask! We offer a confidential free non judgemental listening ear so please call/text 07967559594 or Email [talk@agchap.com](mailto:talk@agchap.com) #itsgoodtotalk

<https://www.youtube.com/watch?app=desktop&v=rOvFT8-2xAs&feature=youtu.be>

<https://www.yellowwellies.org/mental-health-the-next-pandemic-tackling-the-biggest-hidden-problem-facing-farmers-today>

“This is a huge concern and one that we need to keep talking about. In the last 12 months, calls to farming charities have increased so we need to be concerned about the numbers of people in our industry feeling high levels of distress and we need to keep pushing to ensure people know that help is available and encourage them to ask for it. This is your industry, your future and your responsibility to it’s time to speak up, speak out and mind your head.”