

Mental Health and Wellbeing Support Resources

Mental Health can be a serious challenge for vets, farmers, support staff and those working in allied industries.

Below are some helpful resources which we can all access to help us safeguard our own wellbeing, and that of our friends, families and colleagues.

NHS

A&E or dialling **111** (for advice) or **999** (in an emergency) is an immediate way to access urgent **crisis support** from the NHS 24/7

GP Practice: For non-urgent mental health conditions, GPs are ideally placed to provide care and further signposting tailored to your specific needs

Mind

National mental health charity, providing signposting to **crisis support** and a huge library of further information.

[Visit the Mind website](#)

Samaritans

Mental health charity available 24 hours a day, 365 days a year. Samaritans operators are volunteers who are trained to listen and ask open questions in a non-judgemental way (but not give specific mental health advice).

The website below also has excellent resources on what to do in an emergency.

Helpline: 116 123

[Visit the Samaritans website](#)

Vet Life

Vet Life is a charitable organisation providing a 24/7 helpline, as well as a library of mental health information, resources and signposting. Vet Life provides support for everybody in the veterinary profession, including support staff and technicians.

Vet Life Helpline: 0303 040 2551

Website: [Home - Vetlife](#)

[Changing the narrative on suicide in the veterinary community - Vetlife](#)

The YANA Project

Mental health support and counselling in rural areas, available Monday–Friday between 10:00am and 1:00pm.

Helpline: 0300 323 0400

[Visit the YANA website](#)

Rethink Mental Illness

This is a fantastic charity providing information and resourcing for specific mental health support available in your area: [Rethink: Charity for everyone living with mental illness across England](#)

Mental Health First Aid (MHFA) England

MHFA England provide training and support for anybody to become a Mental Health First Aider. Just like physical first aid training, this enables you to give immediate support to anyone who may need it, and provide appropriate signposting to further professional mental health assistance.

[Become a Mental Health First Aider · MHFA England](#)

Not One More Vet

‘NOMV’ provides support, outreach and resources for anybody in the veterinary industry, including students.

[Veterinary Profession Mental Wellness | Not One More Vet | NOMV](#)

Mental Health, Business and Finance Charities for Farmers

Below are some further resources specifically for the farming community

The Royal Agricultural Benevolent Institution (RABI)

Financial, business and mental health support for farming families, available 24 hours a day.

Helpline: 0800 188 4444

[Visit the RABI website](#)

The Farming Community Network (FCN)

Pastoral and practical support, available all year round from 7:00am to 11:00pm.

Helpline: 0300 011 1999

[Visit the FCN website](#)

The DPJ Foundation

Mental health support for the agricultural sector in Wales.

Helpline: 0800 587 4262

[Visit the DPJ Foundation website](#)

RSABI

Financial support for people in Scottish agriculture, available 24 hours a day.

Helpline: 0808 123 4555

[Visit the RSABI website](#)

The Addington Fund

Home and hardship grants for farming families in England and Wales.

[Visit the Addington Fund website](#)