

# Help and support for the farming community

I need urgent help.

**C.A.L.L. Helpline** confidential listening & support service in Wales  
0800 132 737

**Samaritans** Urgent 24 hour help for all: 116 123

**Papyrus** (prevention of young suicide in under 35s) 0800 068 4141

I'm concerned about my own or someone else's mental health.

## Powys Mental Health Information Service

Website, phone & email service to find health & wellbeing services in Powys.

01686 628300 [www.powysmentalhealth.org.uk](http://www.powysmentalhealth.org.uk)

**RABI**- online wellbeing support & counselling for farming people Support for children & young people, and adults- <https://explore.kooth.com/rabi/>

**SilverCloud** – a free course of online therapy for people aged 16+, experiencing mild to moderate anxiety, depression or stress.

<https://nhs.wales.silvercloudhealth.com/signup/>

**The DPJ Foundation** – free counselling online, by phone, locally or on the farm. All call handlers are Samaritan trained. Phone: 0800 587 4262 Text: 07860 048799

**Voluntary mental health organisations** provide services, counselling and social activities in Powys. Services are open and accessible and a good starting point for people experiencing wellbeing issues.

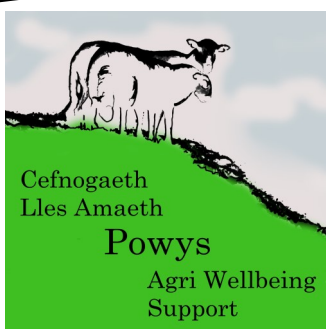
Area	Organisation	Phone	Email
Llandrindod Wells	Mid & North Powys Mind	01597 824 411	<a href="mailto:admin@midpowysmind.org.uk">admin@midpowysmind.org.uk</a>
Brecon	Brecon and District Mind	01874 611 529	<a href="mailto:info@breconmind.org.uk">info@breconmind.org.uk</a>
Newtown	Ponthafren Association	01686 621 586	<a href="mailto:admin@ponthafren.org.uk">admin@ponthafren.org.uk</a>
Welshpool	Ponthafren Association	01938 552 770	<a href="mailto:welshpooladmin@ponthafren.org.uk">welshpooladmin@ponthafren.org.uk</a>
Ystradgynlais	Ystradgynlais Mind	01639 841 345	<a href="mailto:info@minditv.org.uk">info@minditv.org.uk</a>
Machynlleth	CAMAD	01654 700 071	<a href="mailto:admin@camad.org.uk">admin@camad.org.uk</a>

I need information about social opportunities and services in my area.

**Infoengine** – [www.infoengine.cymru](http://www.infoengine.cymru)

a searchable online directory of services and organisations in Wales

**PAVO Community Connectors across Powys** link people with voluntary organisations and community groups to support them. They can help with transport, benefits, health conditions and many others.  
01597 828649 or [community.connectors@pavo.org.uk](mailto:community.connectors@pavo.org.uk)



**Powys Befriending Service**- supporting people over 50 to reduce isolation, maintain independence & improve social networks: 01597 822191

**Leaflet produced by Powys Agri Wellbeing Support - Jan 2022**

For information about the group, contact [sue.newham@pavo.org.uk](mailto:sue.newham@pavo.org.uk)

**I want advice and support with farming related issues, from someone who knows about farming.**

**FarmWell** - An online directory of information and advice Keeping you and your business resilient in changing times and planning positively for the future. [www.farmwell.wales](http://www.farmwell.wales) (Eng) [www.farmwell.cymru](http://www.farmwell.cymru) (Cym)

**Farmers Union of Wales** - [www.fuw.org.uk](http://www.fuw.org.uk)  
**National Farmers' Union** - [www.nfuonline.com](http://www.nfuonline.com)

**Farming Community Network** - talk to a sympathetic person who understands farmers & rural life **03000 111 999**  
 Calls are answered in person from 7am-11pm every day of the year.

**The DPJ Foundation** - Supporting farmers with the stresses of life **0800 587 4262** or text **07860 048 799**

**Tir Dewi**- providing a free, confidential helpline and on farm support service. Enabling farmers to find solutions whatever problems they face. 08001214722

**RABI**- Offering financial support, practical care and guidance to farming people of all ages, including farmers, farmworkers and dependants. Free helpline **0808 281 9490**

**Mamwlad Project** especially for the older agricultural community to stay safe at home with home adaptations, benefits advice and support. **01686 620760** or **01686 623707**

**I need information and support with specific issues**

**Voluntary organisations** provide services, counselling & activities, linked with specific groups or particular needs. Most of them are run by local people for local people and have years of experience.

What support is offered	Organisation	Phone
Support for older people	Age Cymru Powys	01597 825 908 (Llan'dod Wells) 01686 623 707 (Newtown)
Support for gamblers & those affected	ARA gambling service (All of Wales)	0330 1340 286
Support with eating disorders	Beat Eating Disorders	Wales helpline number (9am-midnight every day) 0808 801 0433
Substance misuse support for young people	CAIS	03450 612 112
Healthy home assessments & adaptations	Care and Repair Powys (for older and disabled people)	01686 620 760
Legal, money & other problems	Citizen's Advice - Offices in Ystradgynlais, Brecon, Newtown	0345 601 8421
Connecting & supporting carers	Credu	01597 823 800
Bereavement advice & support	Cruse Powys	01686 610 220
Dementia support	Dementia Matters in Powys	01597 822 477
Support for families with children	Home Start Cymru	01745 814819
Drug and alcohol services	Kaleidoscope centres across Powys	01686 207 111
Relationship counselling	Relate Cymru	0300 003 2340
Young people and mental health	Rekindle "Small Steps"	01686 722 222