



# On Feirm Ground

Wellbeing for farmers

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# TOOLKIT

## Supporting Farmers' Health and Wellbeing





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# Who to contact and how?



## Healthy Farmers

Service	What it is	Contact
<b>Embrace FARM</b>	Provides support after a tragedy on the farm (accident or death).	Call 0857709966, <a href="http://embracefarm.com">embracefarm.com</a>
<b>ICSA Life Focus</b>	A group run by farmers to help farmers who may be suffering with mental health issues, as well as a range of situations farmers may find themselves in.	Call 0578662120, <a href="mailto:info@icsaireland.com">info@icsaireland.com</a>
<b>IFA Farm Family (useful services page)</b>	Page with lots of helpful resources.	Visit <a href="http://ifa.ie">ifa.ie</a> and search "farm family useful services"
<b>Make the Moove</b>	Subsidised counselling & crisis response team for trauma affecting a community.	Call for referral, 086 084 0442, <a href="mailto:makethemoove@macra.ie">makethemoove@macra.ie</a>
<b>FARMRes</b>	The FARMRes project aims to raise young farmers' awareness of mental health issues and to guide them in shaping their daily lives, as well as their business and personal environment.	Visit <a href="http://FARMRes.eu">FARMRes.eu</a>
<b>Mental Health Ireland Farming Resilience</b>	Tools designed for farmers during Covid-19 to reduce stress and maintain health and well-being.	Visit <a href="http://mentalhealthireland.ie">mentalhealthireland.ie</a> and search "farming resilience"
<b>SunSmart For Farmers- (By HSE National Cancer Control Programme)</b>	The SunSmart campaign aims to raise awareness of UV radiation risk, skin cancer prevention and early detection.	Email: <a href="mailto:prevention@cancercontrol.ie">prevention@cancercontrol.ie</a> Website: SunSmart <a href="http://www.hse.ie/sunsmart">www.hse.ie/sunsmart</a>
<b>Fit Farmers App</b>	The Fit Farmers App is a one stop shop for farmer health, wellbeing and safety. It covers areas like physical health, mental wellbeing, nutrition, sleep, and staying safe on the farm.	Download app on Google Play / Apple App Store or visit: <a href="http://www.fitfarmers.ie">www.fitfarmers.ie</a>

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## Healthy Mind

Service	What it is	Contact
<b>*Contact GP</b>	Can be helpful for both physical and mental health concerns.	Person's GP
<b>*Private Counsellor / Psychotherapist</b>	Work with someone who can support with acute and chronic issues. Use IACP to find accredited practitioner.	Call 01 2303536, iacp.ie
<b>Your Mental Health</b>	Trusted information on services and how to contact them.	Freephone 1800 111 888 yourmentalhealth.ie
<b>Mental Health Ireland</b>	Website with information about managing mental health.	Visit <a href="http://mentalhealthireland.ie">mentalhealthireland.ie</a>
<b>Samaritans</b>	A 24/7 365 support line for those who are lonely, distressed, or feeling suicidal.	Freephone 116 123
<b>Pieta House</b>	Nationwide service that supports those who are in distress, are suffering with self-harm or have been bereaved by suicide. Service offers 10 free sessions.	Freephone 1800 247 247 Text HELP to 51444
<b>TEXTABOUTIT</b>	Anonymous text support service set up by HSE.	Text HELLO to 50808
<b>AWARE</b>	Depression and Bipolar Disorder Support.	Call 1800 80 48 48 from 10am to 10pm
<b>GROW</b>	Mental health support and recovery organisation.	Call 0818 474474 <a href="http://grow.ie">grow.ie</a>
<b>HSE Counselling in Primary Care (CIPC)</b>	Up to 8 counselling sessions for person with medical card when referred by GP.	Contact GP for referral
<b>Safeguarding Ireland</b>	Protecting vulnerable adults from abuse.	Email <a href="mailto:info@safeguardingireland.org">info@safeguardingireland.org</a>
<b>GamblingCARE</b>	Signpost individuals into dedicated support services across the country ranging from residential programmes to self-help tools and resources.	Call 1800 936 725 <a href="http://gamblingcare.ie">gamblingcare.ie</a>

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## Healthy Body

Service	What it is	Contact
<b>Arthritis Ireland</b>	Information on living well with arthritis.	Call 0818 252 846 arthritisireland.ie
<b>Irish Cancer Society</b>	Trusted information on cancer diagnoses and supports for both patient and carers.	Call 1800 200 700 cancer.ie
<b>Irish Heart Foundation</b>	Information about heart health, diet + nutrition, support for carers.	Call 01 668 5001 irishheart.ie
<b>Ask About Alcohol</b>	Information about drinking and alcohol intake, self-diagnosis and supports.	Call 1800 459 459 AskAboutAlcohol.ie
<b>Drugs.ie</b>	Source of information for services and supports for those struggling with substance abuse, run by the HSE.	Call 1800 459 459 drugs.ie
<b>Men on the Move</b>	Twelve-week community-based beginners physical activity programme for men.	Call 01 860 8800 contactus@sportireland.ie

## Healthy Finances

Service	What it is	Contact
<b>MABS</b>	Independent organisation that works with clients on personal debt.	Call 0818 07 2000 mabs.ie



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## Healthy Connections

Service	What it is	Contact
<b>*Sheds for Life</b>	Community-based health promotion programme aimed at supporting the physical, mental and social wellbeing of men's sheds members.	Call 0818 900 800 info@menssheds.ie
<b>Gaelic4Mothers &amp; Others</b>	The Gaelic4Mothers&Others initiative sees women playing Ladies Gaelic Football in a fun, noncompetitive and social environment.	Call 087 182 1668
<b>*Get Ireland Walking</b>	Website with walking clubs searchable by location.	Visit <a href="http://getirelandwalking.ie">getirelandwalking.ie</a>

## Healthy Relationships

Service	What it is	Contact
<b>LGBT Ireland</b>	National LGBT Helpline, Transgender Family Line, Online Chat Service, Telefriending and Peer Support Groups.	National LGBT + Helpline: 1800 929 539 Transgender Family Support Line: 019073707 info@lgbt.ie
<b>Male Advice Line</b>	Confidential support for men experiencing domestic abuse.	National Freephone number 1800 816 588 <a href="http://mensnetwork.ie/mal">mensnetwork.ie/mal</a>
<b>Women's Aid</b>	Support for women who have experienced domestic violence.	Freephone 24/7 1800 341 900
<b>Rape Crisis Centres</b>	Specialist help and support on sexual violence – past or present.	24h National Helpline 1800 77 88 88 <a href="http://rapecrisishelp.ie">rapecrisishelp.ie</a>
<b>Family Carers Ireland</b>	Supporting carers to care safely, to make it less of a battle and to know they are not alone.	Freephone 1800 24 07 24 <a href="http://familycarers.ie">familycarers.ie</a>
<b>Men's Aid</b>	Support for men who have experienced domestic violence.	National Helpline 01 554 3811



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**Men's  
Development  
Network**

Better Lives for Men, Better Lives for All



NATIONAL MEN'S  
HEALTH TRAINING



Ollscoil  
Teicneolaíochta  
an Oirthuaiscirt  
South East  
Technological  
University



An Roinn Talmhaíochta,  
Bia agus Mara  
Department of Agriculture,  
Food and the Marine



An Roinn Sláinte  
Department of Health



@mensnetworkie