

# Here to help share the load

*Farming is tough, but you don't have to face it alone*

**For free confidential support contact:**

**FCN** | THE FARMING  
COMMUNITY  
NETWORK  
Here for *you*

**Call 03000 111 999**

Range of local support available from 7am - 11pm

**RABI**®   
helping farming people

**Call 0800 188 4444**

24/7 financial, business and telephone counselling  
support and Click and Chat text service

  
**AddingtonFund**

**Call 01926 620 135**

Free Financial Support for those experiencing  
personal crises, health or economic challenges

**SAMARITANS** **Call 116 123**

Free 24/7 safe space to talk

**lrsn** 

**Call 0800 138 1710**

Range of support available 8am to 8pm (Lincolnshire only)

**shout**  
**85258**

here for you 24/7

**Text HAWKSTONE to 85258**

Free confidential text support delivered in partnership  
with SHOUT

**SAMARITANS**

  
**AddingtonFund**

**shout**  
**85258**  
here for you 24/7

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**lrsn** 

**NHS**