



www.stpatricks.ie

info@stpatmail.com

01 249 3333

 @StPatricksMHS
  @stpatricks_wims
  @StPatricks



Where can I get support and information?

Mental health helplines

St Patrick's Mental Health Services Support and Information Line

To speak to an experienced mental health nurse, you can call our helpline.

☎ 01 249 3333

Monday-Friday, 9am-5pm
(with a call-back facility out of these hours)

Aware Support Line

This service provides support and information about issues relating to mood and depression.

☎ 1800 804 848

10am- 10pm daily

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Pieta House Helpline

If you or a family member are having suicidal thoughts, or if you've been bereaved by suicide, you can contact this helpline for support.

☎ 1890 130 022

24 hours a day

☎ 1800 247 247

Samaritans

A helpline that provides emotional support at any time when you may need it.

☎ 116 123

✉ jo@samaritans.ie

24 hours a day



Other supports and helplines

Teagasc Advisory Service

Teagasc provides an advisory service with offices around the country. For general inquiries:

☎ 059 917 0200

Monday-Friday, 9am-5pm

✉ info@teagasc.ie

AgeAction

This helpline offers information on older people's issues and services

☎ 1890 369 369

Monday-Friday, 9.30am-1pm and 2pm-5pm

✉ helpline@ageaction.ie

Parentline

A helpline for parents and guardians

☎ 1890 927 277

Monday-Thursday, 10am-9.30pm;
Friday, 10am-4.30pm

Childline

A helpline for children and young people under 18 years

☎ 1800 666 666

24 hours a day

Women's Aid Helpline

Support and information for women experiencing domestic violence

☎ 1800 341 900

24 hours a day

Male Advice Line

Advice and support for male victims of domestic abuse

☎ 1800 816 588

Monday and Wednesday, 10am-6pm; Tuesday and Thursday, 12pm-8pm; Friday, 2pm-6pm

LGBT Helpline

Advice and support for lesbian, gay, bisexual and transgender people

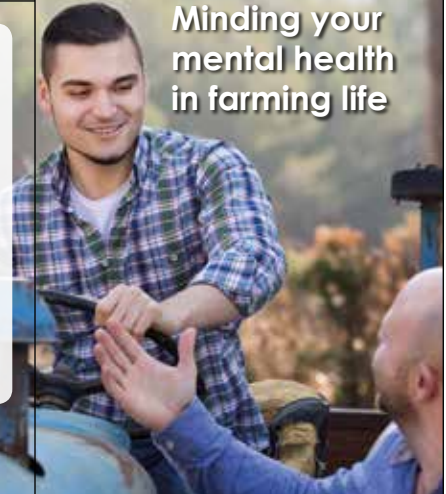
☎ 1890 929 539

Monday-Thursday, 6.30pm-10pm; Friday, 4pm-10pm; Saturday and Sunday, 4pm-6pm

This leaflet is brought to you by **St Patrick's Mental Health Services**, Ireland's largest not-for-profit independent mental health service. Learn more about mental health and our services at www.stpatricks.ie.

Thank you to Teagasc, the Agriculture and Food Development Authority, for their input and support in developing this resource. Learn more about their services at www.teagasc.ie.

Minding your mental health in farming life



St Patrick's
Mental Health Services



What is mental health?

Mental health means a state of wellbeing that helps us to cope with the normal stress of life, to work and contribute to our communities, and to develop as people.

Good mental health supports how we:

- think, feel and behave
- interact with other people
- look after ourselves and others
- take part in and enjoy our lives.

How can you mind your mental health?

Stay sociable

Regular contact with family, friends and neighbours helps to keep us well. With farming, which can involve long days working alone, this is especially important.

Call to neighbours for a cup of tea, phone a relative for a chat, or meet with a friend.

Take breaks

With the long hours and responsibility of farming, having a balanced routine can be difficult. When your workplace is also your home, this can be even harder.

Getting off the farm and regularly giving your mind a proper break is essential to manage stress. Plan a holiday or day trip or spend time in places you enjoy.

Look after yourself

Farming is physically demanding, but getting regular aerobic exercise through sports or the gym is still important. Eat regular, healthy meals, get enough time for sleep and rest, and make space just to relax.

As we get older, physical tasks can become more difficult, so it's good to have regular check-ups with your GP. You can also get advice on ways to make your workday easier from your local Teagasc advisor or an agricultural consultant.

Enjoy other parts of life

Farming is a vocation: farmers tend to work longer hours and retire later than others. For our mental health, we all need meaning and satisfaction from other parts of our lives besides work.

Give time to the valued roles in your life - whether parent, son or daughter, sibling, friend or partner. Try new hobbies or join a community group like a Men's Shed, women's group or Macra na Feirme club.

You can find more information and ideas at www.stpatricks.ie/farming



Getting help for mental health difficulties

At different stages in life, we may need some help and support for our mental health. This might be because of particularly stressful times, or worrying changes in our thinking, feelings or behaviour.

Common signs of mental health difficulties include:

- Sleeping a lot more than usual, or having difficulty sleeping,
- Finding it difficult to concentrate on tasks, make decisions, or get going with your usual jobs
- Avoiding friends and family, or isolating yourself
- Having upsetting or anxious thoughts
- Feeling overwhelmed or negative about the future
- Losing interest in things you enjoy
- Feeling irritable, restless or angry

If you are concerned about your mental health, it's important to talk to someone. Most often, your GP will be the best first step.

Asking for help is a sign of strength. The sooner we get help and support, the better it is for our mental health.