

## Where can you 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. Local phonecall costs apply.

**Call:** 01 249 3222 - Monday to Friday, 9.00am - 5.00pm  
(with a call-back facility out of these hours).

Visit the Getting Help section of our website, **www.stpatricks.ie** for more information about mental health issues and our services.

#### 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.

**Call:** 1890 130 022.  
**Call:** 1800 247 247 - 24 hours a day.

#### Samaritans

The Samaritans' helpline aims to provide emotional support at any time when you may need it.

**Call:** 116 123 - 24 hours a day.

## Other Supports and Helplines

### Teagasc Advisory Service

Teagasc provides an advisory service with offices around the country.

**Call:** 01 450 0266.  
**Email:** [info@teagasc.ie](mailto:info@teagasc.ie)  
**Visit:** <https://www.teagasc.ie/about/farm-advisory/>

### AgeAction

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

**Call:** 1890 369 369 - Monday - Friday, 9.30am - 1.00pm and 2.00pm - 5.00pm.  
**Email:** [helpline@ageaction.ie](mailto:helpline@ageaction.ie)  
**Visit:** <https://www.ageaction.ie/how-we-can-help/information>.

### Parentline

Parentline is a national helpline for parents and guardians.

**Call:** 1890 927 277 - Monday - Thursday, 10.00am - 9.00pm and Friday 10.00am - 4.00pm.  
**Visit:** <https://www.parentline.ie/>

### Women's Aid Helpline

Women's Aid operates this freephone support and information helpline for women experiencing domestic violence

**Call:** 1800 341 900 - 24 hours a day.  
**Email:** [helpline@womensaid.ie](mailto:helpline@womensaid.ie)  
**Visit:** [www.womensaid.ie](http://www.womensaid.ie)



### Male Advice Line

Male victims of domestic violence and abuse, or family and friends who have concerns about a loved one, can receive advice and support through this helpline from the Men's Development Network.

**Call:** 1800 816 588.  
**Visit:** <https://mens-network.net/male-advice-line/>

### LGBT Helpline

LGBT Ireland is a national organisation providing advice and support for lesbian, gay, bisexual and transgender people.

**Call:** 1890 929 539 - Monday-Thursday, 6.30pm - 10.00pm; Friday, 4.00pm - 10.00pm and Saturday and Sunday, 4.00pm - 6.00pm.  
**Visit:** <https://lgbt.ie/our-services/>

St Patrick's  
Mental Health Services



## Minding your mental health in farming life





## 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, and
- take part in and enjoy our lives.

## How can you mind your mental health in everyday life?

### Stay sociable

We know that having regular contact with family, friends and neighbours helps to keep us well. With a profession like farming, which can involve long days working alone, this is especially important.

Call to your neighbour for a cup of tea, phone a relative for chat in the evening, or go for a walk with a friend. Making time for social activities is key to supporting your mental health.

### Take breaks

Having a balanced routine can be difficult, especially with the long work hours and responsibilities of farming. When your workplace is also your home, this can be even harder.

Getting off the farm and giving your mind regular, proper breaks is important to manage stress. Plan a holiday or day trip, and spend time in places you enjoy. Try to plan ahead and arrange time off for after particularly busy periods.

### Look after yourself

Farming is a physically demanding job, but it's still important to make space for other forms of exercise. Taking part in sports, walking, swimming or the gym not only boosts our general health, but helps to relieve stress too.

We all also need to eat regular healthy meals, make sure we get enough sleep and rest, and take time just for ourselves. This is especially true during busy times.

As we get older, physical tasks become more demanding for all of us, so getting regular check-ups with your GP is crucial. You can get advice on ways to make your workday easier and safer from your local Teagasc advisor or an agricultural consultant.

### Enjoy other parts of life

For many people, farming is a vocation, and farmers tend to work longer hours and retire later in life than those in other professions.

We all need meaning and satisfaction from other parts of our lives, outside of work, to mind our mental health. Give time and attention to other valued roles in your life - such as parent or sibling, son or daughter, friend or partner. Think about starting new activities you might enjoy - for example, taking up a new hobby or joining a community group such as a Men's Shed or local women's group.

**For more information and ideas, visit: [www.stpatricks.ie/farming](http://www.stpatricks.ie/farming)**

## Getting help for mental health issues

At different times in life, we may need to get some help and support for our mental health. This might be because of particularly stressful times, or because of worrying changes in how we are thinking, feeling, or acting.

Some common signs of mental health difficulties can include:

- Sleeping a lot more than usual or difficulty sleeping
- Finding it difficult to concentrate on tasks
- Finding it hard to make decisions, or to get going with jobs you normally do without problem
- 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, visiting your GP will be the best first step you can take.

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