

Mind your Head campaign and Mental Wellness

LKL supports the Farm Safety Foundation and Yellow Wellies in communicating its 'Mind your Head campaign' over the next few weeks.



This encourages Farmers and Farming families to put themselves first and encourage them to talk to family, friends, and colleagues about any concerns that they have and not to feel that they are alone.

Remember that 1 in 4 people in the UK suffer from a mental illness at sometime in their lives so it is not unusual and that depression can be a common illness amongst farmers. It's important to recognise it and get help. Often the first step can be by talking to someone.

We agree with Charles Smith CEO of the Farming Community Network, which offers a national helpline to farming communities when he says:

“When it comes to important farm safety equipment, people usually think of tractor roll bars, shedding gates for livestock and high-vis clothing. But there is another piece of kit, which when used properly, is even better – the mind. It is very easy to underestimate just how important the mind is when it comes to farming. Along with the body, it is, without doubt, the best bit of kit a farmer can have.”

FCN offers – free, practical and pastoral support to farmers and families within the farming community. Many of the 400 plus FCN volunteers are involved in farming and have a unique understanding of the issues facing the agricultural industry.

There are a number of other organisations, which provide free confidential help and support to farming families.

Check out our Mental Health information resources [here](https://www.lklservices.co.uk/health-safety/mental-health-helplines) on our website <https://www.lklservices.co.uk/health-safety/mental-health-helplines>

There are also a number of other resources available such as the HSE's Stress talking Toolkit and self help leaflets from 'Changing your mind' that are also available in Romanian and Polish

<https://www.hse.gov.uk/gohomehealthy/assets/docs/StressTalkingToolkit.pdf>

<https://www.publichealth.hscni.net/publications/take-5-steps-wellbeing-english-and-11-translations>

Lone working is often a concern and establishing buddy systems is important there are a variety of phone apps available.

Setting up 'groups' such as on **What's App** and **Microsoft Teams** can help people in a team stay connected by posting updates during their working day and congratulating each other on a job well done. For emergency response consider free mobile apps such as **What3Words** and **Life360** apps to support confidence.

Watch this 'You Tube' video from mental health ambassadors, Neil Laybourn and Jonny Benjamin about when Neil met Jonny sitting on Waterloo Bridge in 2008 and how having a simple, positive and active listening conversation saved Jonny's life



https://www.youtube.com/watch?v=r_VMwA2-cjI