

How to recognise the symptoms of stress

Stress can strike anyone, at anytime.

Although it can occur because of a single event, it more frequently develops over time - a series of worries which mount up, and if left unchecked, can lead to debilitating consequences.

The most important aspect about stress is to recognise the symptoms at an early stage.

Once it has been identified, there is an opportunity to do something about it.

In this leaflet you will find the contact details of a wide range of organisations who are dedicated to helping you. All you have to do is call.



DO YOU RECOGNISE ANY OF THESE SIGNS?

- A feeling of hopelessness, helplessness or guilt
- Worries for the future
- Weight loss or gain
- Panic or anxiety attacks. These can reveal themselves by breathlessness, palpitations, or shaking
- Loss of appetite
- Lack of concentration
- Lack of motivation
- Lack of self-esteem
- Lack of sleep
- Feelings of agitation, anger, frustration or restlessness

The Yorkshire Rural Support Network

The Yorkshire Rural Support Network was formed in 1994 by a group of organisations, who felt there was a need to come together to help combat rural distress.

Our aims are as comprehensive as they are simple:

- Raise public awareness of issues associated with stress and provide information on the sources available.
- Help reduce the levels of rural distress
- Promote health and well being in rural areas
- Signpost those suffering from stress towards help
- Support members in the delivery of services aimed at reducing distress through partnership working and an extended knowledge base.
- Encourage a positive attitude to changes in both health and business.
- To bring Network members together to exchange resources, contacts and information and provide practical support.

By encouraging partnerships between different organisations and opening lines of communication, we hope to mobilise an effective force to protect and nurture all our rural communities.

If you need help or advice, on any of the subjects covered in this leaflet, please contact us:.

Tel Direct Dial: 01423 546217 Mobile: 07912 495604

Email: yrsn@yas.co.uk

Mail: Yorkshire Rural Support Network, Regional Agricultural Centre, Great Yorkshire Showground, Harrogate. HG2 8NZ

Website: www.yas.co.uk



WORKING TOGETHER TO REDUCE RURAL DISTRESS

surviving stress



WORKING TOGETHER TO REDUCE RURAL DISTRESS

Rural communities are under pressure

The countryside has always had the image of a rural idyll; a place where the pace of life is slower and the living is easy.

The reality can be completely different.

Rural communities have undergone dramatic and fundamental change over the past few years and now face new and unique pressures, which has resulted in many people feeling isolated and vulnerable.

Some contributing factors are: the loss of basic services and facilities, shrinking employment opportunities, the lack of affordable housing and a declining and changing farming industry.

As these pressures mount up, they can cause worry and anxiety - which in turn can lead to stress.

Stress is a normal response to the pressures of everyday life, however over a prolonged period it can be damaging to health and can lead to depression and long-term illness.

Just talking to someone who cares and wants to help can start to put things into perspective.



For practical support, advice or just someone who will listen to your problems – help is always at hand

Yorkshire Rural Support Network has been established for over a decade, and has built up a strong network of organisations which are dedicated to helping rural and farming communities.

Below are contact details of some useful organisations that can give you help and support.

THE SAMARITANS

Help is just a phone call away 24 hours a day, 7 days a week

TEL: 08457 909090

EMAIL: jo@samaritans.org

MAIL: Chris, PO BOX 90 80, Stirling FK8 2SA

WEBSITE: www.samaritans.org

RURAL STRESS INFORMATION NETWORK

Confidential helpline supporting those in distress in rural areas across England and Wales. Open weekdays 9am-5pm

TEL: 0845 094 8286

EMAIL: ruralstresshelpline@rase.org.uk

WEBSITE: ruralstresshelpline.co.uk

ROYAL AGRICULTURAL BENEVOLENT INSTITUTION

Helping those in need look forward to a brighter future.

Financial assistance for farmers and farming families.

Weekdays 9am - 5pm (Friday 4.30pm)

TEL: 01865 727888

EMAIL: info@rabi.org.uk

WEBSITE: www.rabi.org.uk

NHS DIRECT

Confidential advice and support on all health related issues.

Open 24 hours a day, 7 days a week

TEL: 0845 4647

WEBSITE: www.nhsdirect.nhs.uk

WOMEN IN RURAL ENTERPRISE

Women in Rural Enterprise is a dynamic networking and business club helping women in rural areas start and maintain their own rural enterprise

TEL: 01952 815338

EMAIL: info@wireuk.org

WEBSITE: www.wireuk.org

PERENNIAL

Gardeners Royal Benevolent Society, helping horticulturist, growers and nurserymen in need since 1839

TEL: 0845 230 1839

EMAIL: info@perennial.org.uk

WEBSITE: www.perennial.org.uk

FARM CRISIS NETWORK

Folk who know farming talking with farming folk. Open daily 7am - 11pm

TEL: 0845 367 9990

WEBSITE: www.farmcrisisnetwork.org.uk

ARC ADDINGTON

Helping people in the rural community. A strategic rural housing scheme for farmers.

TEL: 02476 690587

EMAIL: enquiries@arc-addingtonfund.org.uk

WEBSITE: www.arc-addingtonfund.org.uk

GROWING ROUTES

Growing Routes helps people living in rural parts of Yorkshire and the Humber, to start new businesses or develop an existing business.

TEL: 01423 546200

EMAIL: ask@growingroutes.co.uk

WEBSITE: www.growingroutes.co.uk

WORCNET

Women's opportunity for rural contact through networking education and training

TEL: 01756 692788

EMAIL: swild@craven-college.ac.uk

WEBSITE: www.worcnet.co.uk