



HELP TAKE THE STRAIN

SPOT | SPEAK | SIGNPOST

FARMING'S HIDDEN STRUGGLE

The stress, anxiety and worry experienced by so many farmers is something that is causing increasing concern... especially when it leads to mental health problems that are so difficult to talk about.

WE ALL HAVE A RESPONSIBILITY TO HELP TAKE THE STRAIN

Why not attend our free half-day conference for the agricultural supply chain

THURSDAY MARCH 22, 2018



HELP TAKE THE STRAIN

**Do you work regularly with farmer customers?
If so, this is a practical conference designed to help you:**

- **SPOT** the signs of someone struggling with their mental wellbeing
 - Learn how to **SPEAK** to them about what is happening
 - **SIGNPOST** them to the right help

SPEAKERS

Richard Betton

Farmer, event chairman & Regional Director for the Farming Community Network.

John Pinches

Barclays Regional Agricultural Director will open the conference and talk about how they have been working to raise awareness of mental health in the work place as part of their ambition to be the most accessible & inclusive bank.

David Martin

A farmer's perspective – the impact of isolation & importance of keeping in touch with friends and neighbours.

Peter Waistell

An NFU Group Secretary with first hand experience of helping someone through a mental health crisis.

Aarun Naik

A Nuffield Scholar and psychotherapist who has studied how mental health issues are being tackled in the Southern Hemisphere.

Dr Hany El Sayeh

Consultant psychiatrist with the Tees, Esk & Wear NHS Trust.

Sally Conner

Outlining the work of farming charity RABI.

The Pavilions
Great Yorkshire Showground
Harrogate HG2 8NZ

THURSDAY MARCH 22, 2018
REGISTRATION – 9.30am
EVENT – 10am to 1pm

BOOK NOW:



01904 451550



north.east@nfu.org.uk



nfuonline.com