



Are You or Someone You Know Struggling?

Organisations across Scotland's agricultural sector have come together to create Farmwell Scotland.

Farming is a tough business and times are harder than ever and it isn't always easy to ask for help.

We want you to be able to recognise and know where to turn when things are difficult.

Some signs that may indicate that someone may be struggling.
Changes in:



Farm Appearance

- Rubbish building up
- Repairs not being done



Animal Welfare

- Weight loss
- Illness and injuries



Farmer

- Less sociable
- Losing weight
- Change of personality

If you have any concerns call the RSABI Helpline on 0300 111 4166 or you are worried about someone talk to them and let them know about Farmwell Scotland. We're here to support you.

RSABI is a Scottish charity providing support to individuals and families across the agricultural sector.