

Farm Safety Week

Positive mental health has a crucial role in creating safe working practices within farming and agriculture.



**Mates
in Mind**

**21 – 25
JULY**

IF YOU NEED SOMEONE TO TALK TO:



Samaritans

Call Samaritans
for free 24/7 on
116 123



Be A Mate

Text "BEAMATE" for
free 24/7 support at
85258



Scan for more
information