



On Feirm Ground

Wellbeing for farmers

TOOLKIT

Supporting Farmers' Health and Wellbeing using the "E.A.R.S" model





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→ Being all EARS

What does that mean?



Engage



Acknowledge



Reassure



Signpost



Noticing Changes in Farmer Behaviour?

**You can recognise the
signs.**

**How Should You
Engage?**

**Use conversation
steerers and
prompting questions.**

How to start and normalise the conversation.

Opening the conversation

You don't seem yourself lately, how are things?

Is that something you've spoken to anyone about?

Are you under too much pressure?

Is there something I can do?

Work has been full on this month, how are you coping/managing?

I've been asked to leave one of these leaflets with everyone we call out to this month, will you take one for me?

I am worried about you and I would like to give you some support, is there something I can do for you now?

Is the farm wrecking your head?

Following up / taking action

I am glad that you've told me what's going on.

Have you been able to get a hold of anyone to give you a hand with X?

That sounds very difficult. Would you explain it a bit more to me?

Have you felt like this before? What helped you then?

I've heard that farmers are eligible for free health checks at the marts with the Irish Heart Foundation...

You may be eligible for XYZ...

Is X at you? I know someone with the same issue and they went to Y and they got themselves sorted.

Is there anyone I can call for you?

Best practice:

Knowing where to turn in challenging situations.

Feeling concerned about a farmer but can't identify the real issue?

Request a welfare check by calling the Gardaí on 112.



In the case of disclosures of self-harm/suicidal thoughts, call the emergency services on 112



Who to contact and how?



Healthy Farmers

Service	What it is	Contact
Embrace FARM	Provides support after a tragedy on the farm (accident or death).	Call 0857709966, embracefarm.com
ICSA Life Focus	A group run by farmers to help farmers who may be suffering with mental health issues, as well as a range of situations farmers may find themselves in.	Call 0578662120, info@icsaireland.com
IFA Farm Family (useful services page)	Page with lots of helpful resources.	Visit ifa.ie and search "farm family useful services"
Make the Moove	Subsidised counselling & crisis response team for trauma affecting a community.	Call for referral, 086 084 0442, makethemoove@macra.ie
FARMRes	The FARMRes project aims to raise young farmers' awareness of mental health issues and to guide them in shaping their daily lives, as well as their business and personal environment.	Visit FARMRes.eu
Mental Health Ireland Farming Resilience	Tools designed for farmers during Covid-19 to reduce stress and maintain health and well-being.	Visit mentalhealthireland.ie and search "farming resilience"
SunSmart For Farmers- (By HSE National Cancer Control Programme)	The SunSmart campaign aims to raise awareness of UV radiation risk, skin cancer prevention and early detection.	Email: prevention@cancercontrol.ie Website: SunSmart www.hse.ie/sunsmart
Fit Farmers App	The Fit Farmers App is a one stop shop for farmer health, wellbeing and safety. It covers areas like physical health, mental wellbeing, nutrition, sleep, and staying safe on the farm.	Download app on Google Play / Apple App Store or visit: www.fitfarmers.ie

Who to contact and how?



Healthy Mind

Service	What it is	Contact
*Contact GP	Can be helpful for both physical and mental health concerns.	Person's GP
*Private Counsellor / Psychotherapist	Work with someone who can support with acute and chronic issues. Use IACP to find accredited practitioner.	Call 01 2303536, iacp.ie
Your Mental Health	Trusted information on services and how to contact them.	Freephone 1800 111 888 yourmentalhealth.ie
Mental Health Ireland	Website with information about managing mental health.	Visit mentalhealthireland.ie
Samaritans	A 24/7 365 support line for those who are lonely, distressed, or feeling suicidal.	Freephone 116 123
Pieta House	Nationwide service that supports those who are in distress, are suffering with self-harm or have been bereaved by suicide. Service offers 10 free sessions.	Freephone 1800 247 247 Text HELP to 51444
TEXTABOUTIT	Anonymous text support service set up by HSE.	Text HELLO to 50808
AWARE	Depression and Bipolar Disorder Support.	Call 1800 80 48 48 from 10am to 10pm
GROW	Mental health support and recovery organisation.	Call 0818 474474 grow.ie
HSE Counselling in Primary Care (CIPC)	Up to 8 counselling sessions for person with medical card when referred by GP.	Contact GP for referral
Safeguarding Ireland	Protecting vulnerable adults from abuse.	Email info@safeguardingireland.org
GamblingCARE	Signpost individuals into dedicated support services across the country ranging from residential programmes to self-help tools and resources.	Call 1800 936 725 gamblingcare.ie

Who to contact and how?



Healthy Body

Service	What it is	Contact
Arthritis Ireland	Information on living well with arthritis.	Call 0818 252 846 arthritisireland.ie
Irish Cancer Society	Trusted information on cancer diagnoses and supports for both patient and carers.	Call 1800 200 700 cancer.ie
Irish Heart Foundation	Information about heart health, diet + nutrition, support for carers.	Call 01 668 5001 irishheart.ie
Ask About Alcohol	Information about drinking and alcohol intake, self-diagnosis and supports.	Call 1800 459 459 AskAboutAlcohol.ie
Drugs.ie	Source of information for services and supports for those struggling with substance abuse, run by the HSE.	Call 1800 459 459 drugs.ie
Men on the Move	Twelve-week community-based beginners physical activity programme for men.	Call 01 860 8800 contactus@sportireland.ie

Healthy Finances

Service	What it is	Contact
MABS	Independent organisation that works with clients on personal debt.	Call 0818 07 2000 mabs.ie



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Who to contact and how?



Healthy Connections

Service	What it is	Contact
*Sheds for Life	Community-based health promotion programme aimed at supporting the physical, mental and social wellbeing of men's sheds members.	Call 0818 900 800 info@menssheds.ie
Gaelic4Mothers & Others	The Gaelic4Mothers&Others initiative sees women playing Ladies Gaelic Football in a fun, noncompetitive and social environment.	Call 087 182 1668
*Get Ireland Walking	Website with walking clubs searchable by location.	Visit getirelandwalking.ie

Healthy Relationships

Service	What it is	Contact
LGBT Ireland	National LGBT Helpline, Transgender Family Line, Online Chat Service, Telefriending and Peer Support Groups.	National LGBT + Helpline: 1800 929 539 Transgender Family Support Line: 019073707 info@lgbt.ie
Male Advice Line	Confidential support for men experiencing domestic abuse.	National Freephone number 1800 816 588 mensnetwork.ie/mal
Women's Aid	Support for women who have experienced domestic violence.	Freephone 24/7 1800 341 900
Rape Crisis Centres	Specialist help and support on sexual violence – past or present.	24h National Helpline 1800 77 88 88 rapecrisishelp.ie
Family Carers Ireland	Supporting carers to care safely, to make it less of a battle and to know they are not alone.	Freephone 1800 24 07 24 familycarers.ie
Men's Aid	Support for men who have experienced domestic violence.	National Helpline 01 554 3811

Self Care – Incident Check In

- Take a moment for 'The Pause' after an incident to acknowledge what just happened.
- After an incident, try to debrief with an appropriate person within 72 hours.
- Don't isolate yourself. Talk to a friend, family member, co-worker, support group, or someone else you trust.
- Writing about issues may help you process your thoughts and emotions.
- If you're still not feeling better: Seek professional support.

If you need someone to talk to, the Men's Development Network has professional counsellors that are available to participants of the On Feirm Ground 2 programme.



Derek - 086 859 0983



John - 086 458 6319





Notes:

Lined area for taking notes, overlaid on a background image of a man wearing a cap with the 'On Farm Ground' logo.



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**Men's
Development
Network**

Better Lives for Men, Better Lives for All

engage

NATIONAL MEN'S
HEALTH TRAINING



**An Roinn Talmhaíochta,
Bia agus Mara**
Department of Agriculture,
Food and the Marine



An Roinn Sláinte
Department of Health



@mensnetworkie