



Confidential support for farming people, whenever it's needed

When you contact RABI, you'll speak to someone who will listen and take the time to understand your situation. From there, we'll work with you to identify what support may help – whether that's practical advice, financial assistance or emotional support.

Practical support:

- One-to-one, expert information, advice and guidance to meet individual needs
- Benefits guidance and other financial entitlements support
- 24/7 free, confidential helpline

Financial support:

- Direct financial grant support to low-income individuals or those in financial crisis
- Training grants to supplement the primary farming income
- Cost-of-living campaigns

Emotional support:

- Mental health counselling and self-help click & chat wellbeing support tools/resources*
 - Accredited mental health training*
- * Available for all qualifying farming people free of charge



rabi.org.uk
0800 188 4444

What happens when you call RABI's Helpline?

Speak to our helpline team

Your call will be answered by a trained RABI call handler who will listen and take details about your circumstances.

Your details are referred

With your agreement, your information will be shared with a Regional Support Officer.

You'll receive a call back

A Regional Support Officer will contact you to discuss your situation in more detail.

Understanding your needs

Together, you will talk through your circumstances and consider what help may be appropriate.

Next steps

We will identify practical, financial or emotional support that may be available based on your situation.

+ Supporting someone else?

You can contact us on behalf of someone else, provided you have their permission.