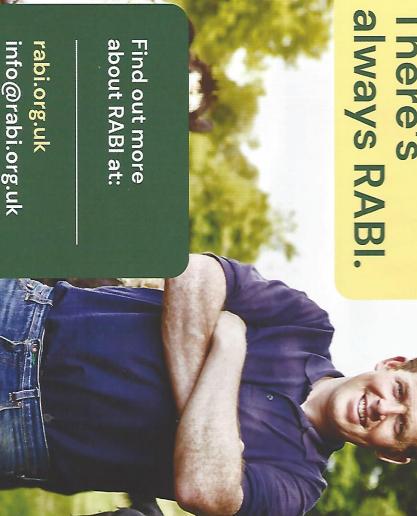
There's always hope There's always help.

always RABI There's



#HeartOfFarming



of farming At the heart

always expert help on hand for as long as you need it For everyone in the farming community, there's However tough it seems RABI is always here with:

support: Practical

- One-to-one, expert information, guidance to meet individual needs
- Benefits guidance and other financia entitlements
- 24/7 freephone

support: **Financial**

- Direct financia those in financia grant support to low-income
- Training grants to supplement the primary farming

support: **Emotional**

- Farming-focused chat wellbeing counselling and support tools, self-help click &
- Accredited training* mental health

Call our free 24/7 confidential helpline on rabi.org.uk 0800 188 4444

