

There's always help.  
There's always hope.

There's  
always RABI.



Find out more  
about RABI at:

[rabi.org.uk](http://rabi.org.uk)  
[info@rabi.org.uk](mailto:info@rabi.org.uk)

# At the heart of farming

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

## Practical support:

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

## Financial support:

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

## Emotional support:

- Farming-focused 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

#HeartOfFarming

**RABI**<sup>®</sup>  
helping farming people

Call our free 24/7 confidential helpline on  
**0800 188 4444**  
[rabi.org.uk](http://rabi.org.uk)

**RABI**<sup>®</sup>  
helping farming people