



Farming Focussed Mental Health Training

Qualsafe Accredited Courses for the Farming Community

Why are RABI offering mental health training?

In 2021, we launched The Big Farming Survey with the purpose of finding out what challenges are currently facing the farming community. The Survey highlighted worryingly poor levels of mental health and wellbeing among the community. 36% of respondents reported being possibly or probably depressed and 58% of women in farming reported that they experience mild, moderate or severe anxiety.

Many of us feel ill-equipped to deal with conversations around mental health and wellbeing, and are unaware of what support is available should it be required.

It is clear there is much to be done to normalise conversations about mental health and wellbeing. For RABI, it is important that routes to accessing support are readily available to the farming community.

Mental health and wellbeing training helps to build resilience in our communities. Training is extremely valuable in providing the skills and confidence to start conversations about wellbeing, and to help others access support.

What training is available?

RABI is offering mental health training for members of the farming community. The courses have been tailored around farming statistics, challenges, and specific issues the farming community face.

Training will be delivered by RABI's mental health specialist partner and all trainers are BACP accredited counsellors. The courses are Ofqual regulated and accredited by Nucco providing you with a nationally recognised vocational qualification.

The training opportunities are:

- 2-day mental health first aid training
- 1-day mental health training
- ½ day mental health awareness training

Post training Aftercare

In addition to the training, we offer 2 years of Aftercare. This allows all those who have completed the training to access support¹ from experienced counsellors. The Aftercare gives individuals access to support for any situation relating to their mental health training, whether it is a question about a situation they have encountered or the ability to off-load worries or concerns after an interaction.

The Training Courses

Mental Health First Aid 2-day training course, Level 3

The 2-day training course has been specifically designed for those who would like to raise their awareness of mental health and develop an understanding of how to support, reassure and guide those experiencing poor mental health.

You will develop the knowledge, skills and confidence to actively promote positive mental health.

Throughout this two-day course, you will cover:

- Identifying characteristics and features of common mental health conditions
- Importance of own wellbeing as a mental health first aider
- Best practice for employers in relation to mental health in the workplace
- Support for those experiencing mental health issues

Understanding Mental Health 1-day training course, Level 2

The 1-day training course has been created to enable attendees to recognise the signs and symptoms of many mental health conditions and be confident in providing support and guidance.

Throughout the one-day course, attendees will learn the following:

- Understanding and recognising mental health issues
- An awareness of the most common mental health illnesses
- Promoting a positive mental health amongst your peers
- How to create an effective mental health first aid action plan

¹ After care is provided from training for up to two years, when the training is required to be refreshed.

Mental Health Awareness Training

½ day training course, Level 1

Our half day course is an introductory four-hour session to raise awareness of mental health within the farming community.

It is designed to give you:

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing mental health issues

Why train through RABI?

Our team of highly skilled trainers are BACP accredited mental health counsellors, coming from varied backgrounds with many years of experience in mental health training. This unique wealth of experience and understanding of delivering mental health training ensures that you get the most out of your experience.

The courses have been tailored specifically for the farming community, through content, statistics, workshops and case studies.

Throughout your course, you will be provided with an engaging learning experience; through the use of video, PowerPoint presentations, case study analysis, real-life examples of mental health issues, group discussions, and workbook activities.

How will training be delivered?

The training is available as remote or in-person courses.

- Virtually by video conference
- By arrangement at a venue chosen and organised by you

How is it funded? How do I book a place on a course?

The courses are available to anyone in the farming community; whether you're a farm worker, a member of a farming family or a farm consultant or supplier. RABI are able to provide some part or fully funded places for members of the farming community. To find out if you are eligible for a funded place, get in touch via our website: <https://rabi.org.uk/mental-health-training-for-the-farming-sector/>.

Alternatively, organisations looking to upskill their teams are invited to get in touch to arrange a self-funded course.

How do I arrange self-funded courses?

If you or your organisation would like to arrange a self-funded course, please contact mentalhealthtraining@rabi.org.uk. To start with, all we need to know is:

- Name of your organisation
- Course Level
- Number of attendees (minimum 8)
- Location

For in-person courses, it is the responsibility of the booking organisation to arrange the venue and catering. Travel costs for the trainer will be quoted in addition as required.

Pricing is per person, and includes training and Aftercare.

- Level 3, 2 day course £379
- Level 2, 1 day course £309
- Level 1, ½ day course £189

To make an enquiry or booking, visit our website: <https://rabi.org.uk/mental-health-training-for-the-farming-sector/> or email mentalhealthtraining@rabi.org.uk.