



**Here to listen  
and support you**

Contact The Farming Community Network  
to speak in confidence with a sympathetic  
person who understands farming life.

**Call 03000 111 999**

**Email [help@fcn.org.uk](mailto:help@fcn.org.uk)**

(Helpline open 7am-11pm, 365 days of the year)

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COMMUNITY  
NETWORK