

# Rural Support Trusts

Your local Rural Support Trust (RST) is a great place to start for a free and confidential chat. This nationwide network is run by locals for people and families in the primary sector. RSTs have people experienced in farming, adverse events and stress management and can put you in touch with other services. RSTs know what social and training activities are going on in your area, so get in touch.

Are you a bit concerned about someone – a family member, partner, worker, yourself?

**Call 0800 787 254 (0800 RURAL HELP) to arrange a free and confidential chat on the phone, at your place, or somewhere else that suits you.**

Here are some questions that can help you get through.

Sam Whitelock  
FARMSTRONG  
AMBASSADOR

- Am I getting enough sleep?
- Am I talking to someone about what's on my mind?
- Am I eating well and keeping physically active?
- Am I having down-time to recharge?
- Do I have a list of what is realistic to achieve each day?

Using these questions to lock in small changes can make a big difference.



Ministry for Primary Industries  
Manatū Ahu Matua



**Rural Support**  
0800 RURAL HELP  
0800 787 254

# Where to go for farmer support



Contacts and information on support and advice available to farmers and growers

# Advice and Information

As well as your neighbours, friends, farm advisors and industry bodies, other sources of information and ideas include:

## Contacts and information list

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DAIRYNZ: 0800 4 324 7969 <https://www.dairynz.co.nz>

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Beef+Lamb NZ: 0800 733 466 NZ <https://beeflambnz.com>

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HORTNZ: 0508 467 869 <http://www.hortnz.co.nz>

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NZ Young Farmers: 03 344 2473  
<http://www.youngfarmers.co.nz>

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Federated Farmers: 0800 327 646  
<https://www.fedfarm.org.nz>

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Rural Support Trusts: 0800 787 254 (0800 RURAL HELP)

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Rural Women New Zealand: 0800 256 467

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FARMSTRONG: <http://farmstrong.co.nz>

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Dairy Women's Network: <https://www.dwn.co.nz/>

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**Inland Revenue: 0800 473 566** – talk to your accountant if you think you need some flexibility around tax payments.

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**Work & Income: 0800 559 009** – talk to your local WINZ office, as there is a range of financial assistance available for families who find themselves in temporary hardship.

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**Your Vet**

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**Your GP**

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## Helplines

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Text or call **NEED TO TALK?: 1737**

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Youthline: [www.youthline.co.nz](http://www.youthline.co.nz)  
For young people 0800 376 633

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Healthline: Free advice from trained registered nurses  
0800 611 116

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Alcohol Drug Helpline: 0800 787 797

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Gambling Helpline: 0800 654 655

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In an emergency call 111

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# Looking for inspiration?

**Farmers and groups across New Zealand are leading the way in innovation, environmental management, and animal welfare. Some of their stories are on:**

- **Farmers Weekly On Farm Stories:** <https://farmersweekly.co.nz/on-farm> Short video clips on our farmers and growers around the country:
- **Proud to be a Farmer:** <https://www.proudtobeafarmernz.com/> is here to remind the rural community, the agriculture sector, and New Zealand as a whole, that we have much to be proud of in the farming industry.
- **Ag Proud NZ:** <https://www.facebook.com/groups/2559652127391877/> a new Facebook group for farmers to share their lives with townies, while also promoting mental health and good farm management practice.

## Animal Welfare

When events mean that animals are more at risk of health impacts, farmers are urged to continue making early decisions and seek advice from trusted advisers, veterinarians, and support organisations.

Your local veterinarian is well-placed to assist with decision making regarding actual or imminent animal health and welfare issues. Call them for advice – the earlier the better!

**Alternatively, call MPI any time if you have concerns about livestock welfare, including your own livestock. The sooner we know, the sooner we can work with farmers and veterinarians to help get things sorted.**



**0800 00 83 33**