

# GoodYarn

## ENABLING FARMING COMMUNITIES TO TALK ABOUT MENTAL HEALTH

People who live and work on the land have to cope with a number of challenges – from long working hours to unexpected weather events, isolation and financial pressure. They're all factors that can affect their mental wellbeing. To take care of yourself, and be able to help others, one of the best things you can do is talk.

GoodYarn is a hands-on workshop that will give you the practical tools and confidence to be able to talk to people in rural communities about mental health.

All GoodYarn workshops are run by experienced facilitators who have a wealth of knowledge of the rural sector.

**'Very useful and targeted at rural concerns. Practically focused.'**

**'Excellent workshop, Everyone can learn something from it.'**

**'Non-confrontational approach. Realistic, relaxed, relevant.'**

– GoodYarn workshop participants



Numbers are limited. Register today!

When:

Where:

Cost:

Facilitator:

Contact:

On:

By:



Supported by:

