



listening • guiding • connecting
www.ruralsupport.org.uk

0845 606 7 607

Getting information and support about paperwork, family circumstances, health or finances can be frustrating and stressful.

We offer a listening and signposting service for farming and rural families in Northern Ireland to help you source information and advice.

If you would like to talk to someone in confidence, we are ready to help.

All calls are confidential. The helpline is available 24 hours a day, seven days a week.