



RSABI

Supporting People in Scottish Agriculture

FOR 125 YEARS

1897 - 2022



Suicide Prevention Scotland Online Session
31st March 2026

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RSABI - Our Mission

RSABI works steadfastly at the heart of Scottish agriculture to improve the lives of people in farming and crofting.





► We provide financial, emotional and practical support for those working or retired from farming, crofting and all those involved in Scottish agriculture

► Our confidential helpline is open 24 hours, 365 days of the year

► Webchat also available on our website

► Alternatively, you can email us at:
rsabi@rsabi.org.uk

Challenges facing people in Scottish agriculture

Climate change -
livestock diseases;
Extreme weather

Financial worries

Accidents & Safety
in general

Long waiting lists on
NHS incl surgery eg
hip, shoulder, knee
replacements.
Chronic pain

Senior farming folk -
loneliness and other
challenges

Challenges of
succession /
transition

Anti farming agenda
BUT farmers are
trusted

Stress and tension in
families - mediation

Policy changes / lack
of workers

Work ethic / Diet /
Exercise

Prioritising own
health

Stigma and impact
on seeking support



Counselling Support

- 2026/2027 expected to be our busiest year
- Counselling support is free and can be arranged quickly if required
- Choice of who people would like to work with from our counselling directory

Agricultural Mediation

- ▶ Agricultural mediators
- ▶ Conflict resolution
- ▶ 80% success rate
- ▶ Voluntary
- ▶ Lower cost
- ▶ Quicker





Dyslexia Assessments

“A weight lifted off my shoulders”



Health Huts

- ▶ 75 Outings in 2025
- ▶ Repeat visits
- ▶ Prevention - eg prostate cancer
- ▶ Mental and Physical Health
- ▶ Collaboration
- ▶ Themes
- ▶ 12 nurses & GPs
- ▶ 2000 bps last year
- ▶ Thainstone, Lanark, Oban, Dalmally, Fort William, Ayr, Caithness, Dingwall, Stirling, St Boswells, Orkney, Loch Boisdale, Huntly





Celebrating our senior farmers

Mental Health First Aid - 1000+

- ▶ NFU Mutual Charitable Trust
- ▶ Throughout Scotland
- ▶ Excellent feedback
- ▶ Stepping forward
- ▶ Lots of agricultural workplaces have taken part



NFU Mutual
Charitable Trust



Applied Suicide Intervention Skills Training (ASIST)

- ▶ Free two-day training course for anyone involved in Scottish agriculture
- ▶ Provides practical skills and confidence how to support someone in need
- ▶ Form of first aid for mental health and suicide prevention





Postvention Support

- The Canmore Trust charity provide support for those impacted by suicide
- RSABI undertook training kindly offered by the Canmore Trust, to become Experienced Friends to support workplaces

Thrive: Wellbeing App





Three Year Research Project with Glasgow University



Collaboration & Working Together





#KeepTalking Tour

#KeepTalking island tour -Skye Orkney Wick Lewis Kelso

