



**European Union**

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**Farming Health Hub, Working Well, Rural Business School and Cornwall Marine Network are delighted to share details of our Mental Health and Wellbeing Course for people seeking to enter or working within the Farming Industry.**

**Modules in this series:**

- 1. What is mental health? And why does it matter for farming?**
- 2. Challenges & benefits of farming for mental health**
- 3. Taking control & managing stress**
- 4. How to build mental resilience into a farm**
- 5. Signposting and support for yourself or other people**

**Each session will be for 1 hour and will be held w/c 10th May at 2pm via zoom  
(20 spaces maximum for each session)**

**Please contact Nikki at Farming Health Hub to book a space– [Nikki@farminghealth.co.uk](mailto:Nikki@farminghealth.co.uk)**