

Online wellbeing support and counselling for farming people

RABI 
helping farming people

 **kooth**



Community Support

Relate and connect with others by sharing similar experiences, and gain valuable self-care tips and tools from our engaged community and professional team.



Professional support

Our team of professionals aim to provide early response to emotional wellbeing as well as emerging mental health needs via our online site and counselling sessions.



Self-help

Helpful articles, personal experiences and tips from our community and professional team. You can also set personal goals, write in your journal, or start a discussion with the community.

Visit rabi.org.uk/kooth

