

RESOURCES

Giving farmers and growers the skills and resources to live well, farm well and get the most out of life.

Farmstrong: www.farmstrong.co.nz

Stories and short videos on farmer and growers around the country.

Farmers Weekly On-Farm Stories:
www.farmersweekly.co.nz/s/on-farm-story

Tools and resources for whānau dealing with tough times.

Wellbeing for Māori: www.depression.org.nz/maori

COVID-19

We appreciate that COVID-19 and its associated restrictions are affecting those in the primary sector. Stress is a normal response to a situation like this. Help is out there.

It's important to get a support team around you. Family, friends and trusted advisers will be able to help you. It can also be good to seek support, assistance and expertise from someone not directly involved in your business, and also have a plan in place. Getting vaccinated is also a way to protect yourself, and those around you.

Resources

www.covid19.govt.nz/health-and-wellbeing/looking-after-your-mental-wellbeing

A checklist to help with your planning, including recording information for use by a Medical Officer of Health, is available from:

Federated Farmers: www.fedfarm.org.nz

Horticulture NZ: www.hortnz.co.nz

DairyNZ: www.dairynz.co.nz

Beef + Lamb NZ: <https://beeflambnz.com>

Find out more at Covid19.govt.nz



GOVERNMENT ASSISTANCE

Other government assistance is made available in times of hardship or localised events.

Inland Revenue

Inland Revenue has tax flexibility and income assistance options that may be made available in hardship or adverse events.

Phone INLAND REVENUE on **0800 473 566**, Monday to Friday 8am–8pm, Saturday 9am–1pm or
www.ird.govt.nz/yoursituation-ind/extreme-weather

Check your WORKING FOR FAMILIES eligibility at www.workingforfamilies.govt.nz or talk to your accountant.

Ministry of Social Development – Work and Income

A range of financial assistance is available for families whose incomes have been severely affected by adverse events.

Assistance that may be available includes an emergency benefit, special needs grant, recoverable assistance payments and jobseeker support.

Everyone's situation is different so please talk to your local Work and Income office.



Under the pump?

Here are some questions that can help you get through.

- ☒ Am I getting enough sleep?
 - ☒ Am I talking to someone about what's on my mind?
 - ☒ Am I eating well and keeping physically active?
 - ☒ Am I having down-time to recharge?
 - ☒ Do I have a list of what is realistic to achieve each day?
- Using these questions to lock in small changes can make a big difference.



VISIT www.farmstrong.co.nz for more information

Te Kāwanatanga o Aotearoa
New Zealand Government

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Ministry for Primary Industries
Manatū Ahu Matua



Where to go for support



Contacts and information on support available for farmers, growers and everyone working in the primary sector

RURAL SUPPORT TRUSTS

Your local Rural Support Trust (RST) is a great place to start for free and confidential support and advice. This nationwide network is run by local people to help farming families and rural communities.

RSTs have facilitators trained to recognise issues with mental health/ wellbeing and can also put you in touch with services, including planning and management advice and mentoring, health information, Work and Income, or financial support.

A major storm, flood, earthquake or other adverse event can trigger extra funding for RSTs to assist farming families. They work with government, industry and support agencies to provide recovery support.

Do you need to talk through your options?

Are you a bit concerned about someone – a family member, partner, employee?

Call **0800 787 254 (0800 RURAL HELP)** to arrange a free and confidential chat at a place that suits you.
www.rural-support.org.nz



ADVICE AND INFORMATION

As well as your neighbours, friends and farm advisors, other sources of information include:

Industry contacts and information list				Well-being support and helplines	
Agri-Women’s Development Trust	www.awdt.org.nz	Foundation for Arable Research	03 345 5783 www.far.org.nz	Text or call NEED TO TALK?	1737
Apiculture New Zealand	04 471 6254 www.apinz.org.nz	Horticulture NZ	0508 467 869 www.hortnz.co.nz	Youthline	www.youthline.co.nz
Aquaculture NZ	03 548 8944 www.aquaculture.org.nz	NZ Kiwifruit Growers Inc	0800 232 505 www.nzkgi.org.nz	For young people	0800 376 633
Beef+Lamb NZ	0800 233 352 www.beeflambnz.com	NZ Young Farmers	0800 6993 4636 www.youngfarmers.co.nz	FirstMate	0800 237 438 www.firstmate.org.nz
DairyNZ	0800 4 324 7969 www.dairynz.co.nz	Rural Women New Zealand	0800 256 467 www.ruralwomennz.nz	Healthline: Free advice from trained registered nurses	0800 611 116
Dairy Women’s Network	www.dwn.co.nz	Tupu.nz: help whānau connect with whenua Māori	www.tupu.nz	Rural Support Trusts	0800 787 254 www.rural-support.org.nz
Federated Farmers	0800 327 646 www.fedfarm.org.nz	Your Vet		Alcohol Drug Helpline	0800 787 797
		In an emergency call 111		Gambling Helpline	0800 654 655
				Your GP	

MINISTRY FOR PRIMARY INDUSTRIES

The Ministry for Primary Industries (MPI) actively promotes readiness in preparation for adverse events like drought, floods and earthquakes. If a major event occurs MPI provides support in responses alongside other emergency management agencies and organisations and also coordinates a range of recovery assistance measures.

Adverse events classified as medium- or large-scale event by MPI triggers extra measures to assist recovery in the affected regions. Primary sectors include meat, wool, dairy, arable farming, aquaculture, sharemilking, forestry, fisheries, horticulture, viticulture, bee-keeping, herb or flower growing, and poultry farming.

Find out more:
www.mpi.govt.nz/how-we-classify-adverse-events

Financial hardship

The Farm Debt Mediation Scheme helps farmers and other primary producers struggling with debt. The scheme uses neutral and independent mediators to help farmers and their creditors work through debt issues:

www.mpi.govt.nz/the-farm-debt-mediation-scheme-2

The Farm Business Advice Support Fund can also be accessed through Rural Support Trusts which can assist with the costs for professional advice for your farming business:

www.rural-support.org.nz/Help-Support/Financial-Pressure

Animal welfare

When events mean that animals are at risk of health impacts, farmers are urged to continue making early decisions and seek advice from trusted advisers, veterinarians, and support organisations. Your local veterinarian is well-placed to assist with decision making regarding actual or imminent animal health and welfare issues. Call them for advice – the earlier the better!

Alternatively, call MPI at any time if you have concerns about livestock welfare, including your own livestock. The sooner we know, the sooner we can work with farmers and veterinarians to help get things sorted.

Phone **0800 00 83 33**, email **awem@mpi.govt.nz**

