



The DPJ Foundation

“Hello, how are you?”

A very common question, one we use almost every day to greet someone. It's almost a mindless question, but are we really asking how the other person is? Or is it just a way of greeting?

Our small communities in Wales are very close. Can you spot someone in your community if they are struggling with their mental health? Would you be able to recognize a person within your community if they were going through a difficult time? Would you know what to do to help them, or even what to tell them? This is where the DPJ Foundation can help. We offer free Mental Health Awareness Training to support anyone who farms, lives in the rural community, or provides support or services to the farming community, in Wales. Being a member of 'Merched y Wawr,' Young Farmers Clubs, committees in the community, the community hall, primary and secondary schools, the local pub and also the local shop, you are part of a community, and you can help someone.

The DPJ Foundation was established in 2016, following the death of Daniel Picton-Jones by suicide. The aim of the organisation is to support those in the agricultural sector who suffer from poor mental health.

If you're not feeling like yourself, going through a difficult time in a relationship, lonely, trying to deal with a bereavement or anything else that's bothering you, whether it's a big or small issue, we can help. **Call 0800 587 4262 or text 07860 048799.**

Our phone line and text message service, 'Share the Load,' is completely confidential and is covered by our volunteers who have been trained by the Samaritans to be able to help you. Callers are contacted by a counsellor within 48 hours and seen within a week. Counselling is offered on the farm, online, over the phone or face to face in an off-farm setting. Our counsellors speak Welsh and English and are located in all parts of Wales.

Reach out to those who may be going through a difficult time, your kindness can make a difference in someone's life.

The DPJ Foundation can be found online at www.thedpjfoundation.co.uk or on Facebook, X, Instagram and LinkedIn.