

## YANA update

YANA telephone helpline goes 'live' from New Year 2024 - The YANA (You Are Not alone) charity is launching telephone access to provide further rural mental health support, said Mid-Norfolk farmer Henry Kilvert.

Three part-time staff will be taking calls in person from the New Year, initially on weekday mornings. Instead of callers leaving a message and then receiving a call back, the team will be able to offer support, Mr Kilvert, the charity's chairman, told Holt & District Farmers' Club members.

Since YANA was founded 15 years ago in Norfolk with the initial support of the Clan Trust charity, it expanded into Suffolk in 2012. Formally established as a charity in 2020, YANA now covers the whole of East Anglia, said Mr Kilvert.

The agricultural industry has seen too many lives lost to suicide, so YANA was started at the Norfolk showground in 2008., largely through the determined efforts of the charity's patron Melinda Raker.

He said that YANA gave confidential support for those in the farming and rural industries and could offer counselling. Mr Kilvert said that the charity has trained 370 volunteers to be aware of the warning signs of mental health issues, including depression, social isolation and changes in behaviour. In the last year 100 people including land agents and professional advisers had been trained at a cost of £38,000.

Mr Kilvert said counselling, which could cost up to £450 for a series of sessions, could be offered and was provided free. Obviously, providing practical help and advice was costly and YANA has been helped by organisations, farming groups, charities and fund-raising. He said that call volumes had increased significantly over the past three years and that with the launch of the new service from the New Year, a further rise in calls was expected.

Holt's 75<sup>th</sup> anniversary dinner would take place at Gresham's on April 11. Tickets would cost £75 each and the guest speaker would be Viscount Raynham. A raffle at the dinner would benefit YANA.

YANA's helpline 0300 323 0400 or [yanahelp.org](http://yanahelp.org) or [helpline@yanahelp.org](mailto:helpline@yanahelp.org)

A free social event for farmers, Yarn in a Barn, will be held on Friday, January 19 at St Walstan's Hall, Norfolk showground, from 7pm, by YANA and Farming Community Network (FCN). A hog roast and entertainment by comedian John Ryan is on the menu. Details – [admin@yanahelp.org](mailto:admin@yanahelp.org)