



Helping Others Stay Farmstrong – Info for Champions

Help others stay Farmstrong – get them signed up to Toolbox Tips.

Key Messages

- The Toolbox Tips is a short, fortnightly email with practical wellbeing advice.
- The Tips come from farmers, wellbeing experts, and Sam Whitelock – all aimed at helping you stay mentally fit and Farmstrong.

How to Sign Up

There are three easy ways:

- Text your first name to 8515
- Sign up on the Farmstrong website
- Scan or download the QR code

How Can You Help?

- Give Toolbox Tips a mention when you're out speaking or flying the Farmstrong flag.
- Grab a sign-up board or slide (A5, A4 or PowerPoint) to help spread the word.

