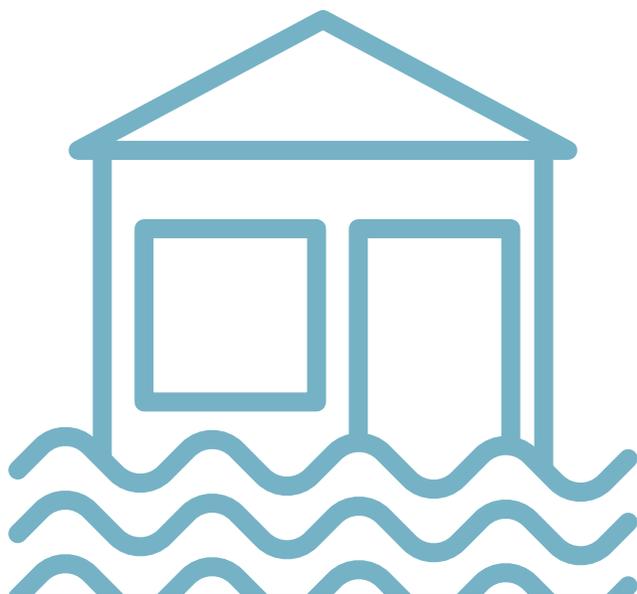


Supporting your mental health and wellbeing after flooding



Here to help

Experiencing a flood can be frightening. It can disrupt your daily life activities, lead to tiredness, difficulty sleeping and anxiety. Support is available.

It's important not to underestimate the stress and strain of being flooded, having to move from your home, or cleaning up after a flood. Take the time to consider your and your loved ones' mental health and wellbeing.

If you are feeling anxious, please get in touch with a local community support group, or neighbours to help you cope and recover.

Where to go for support

If you are safe and need someone to talk to you can get support from NHS Mental Health Crisis Support on 111.

Advice and support for everybody

- Download the Stay Alive app – available on the Google Play or Apple app store.
- Watch the 'save a life' suicide prevention training video – www.zerosuicidealliance.com/training
- Visit www.hubofhope.co.uk for support in your area.

When you need to talk to someone or need urgent help

- **Call NHS 111** or visit 111.nhs.uk for mental health support
- **Call the Samaritans** on 116 123 or email jo@samaritans.org
- **Text SHOUT** to 85258 (for an immediate call back) or visit www.giveusashout.org
- Young people can **visit Papyrus** at www.papyrus-uk.org

In an emergency always call 999

Local support organisations

Community support:

For a full list of mental wellbeing support visit hiowhealthcare.nhs.uk/our-services/a-z-list-of-services/isle-wight-community-mental-health-support-hub

- **Isle Find It** – Services directory for the Isle of Wight www.islefindit.org.uk
- **Citizens Advice Isle of Wight** – Free confidential support www.citizensadviceiw.org.uk or call 01983 684684.
- **Isorropia Foundation** – local organisation providing support for mental health and wellbeing isorropia.uk or call 01983 217791.
- **The Samaritans Isle of Wight** – www.samaritans.org/branches/isle-of-wight or call 116123 for free
- **Access to Intervention (A2I)** – Provides mental health support or adults aged 18 and over. You do not need a referral to access this service. Contact 01983 522214 8am to 8pm, seven days a week
- **NHS Talking Therapies** – providing support to improve mental wellbeing through education, guided self-help tools and evidence-based talking therapies. Visit hiowhealthcare.nhs.uk/our-services/a-z-list-of-services/Talking-therapies/nhs-talking-therapies-isle-wight or call 01983 532860
- **Shout** – A free 24/7 text crisis support service, To start a conversation text the word 'SHOUT' to 85258. It is a confidential, anonymous service for adults and young people in the UK. giveusashout.org

Support for young people:

- **The Isle of Wight Youth Trust** – a free service for 5 to 25 year olds to talk about any issues or problems they may be facing. www.iowyouthtrust.co.uk
- **Wessex Healthier together** – support pages with lots of information to support mental health – includes young people's section, as well as parents and carers support pages for physical and mental health related issues. Visit www.what0-18.nhs.uk/health-for-young-people/mental-health-and-wellbeing
- **Childline** – national support line for under 19s. Call 0800 1111.

Other useful contacts

Isle of Wight Council

www.iow.gov.uk/keep-the-island-safe/severe-weather/flooding

Tel: 01983 823111

Citizen's Advice Isle of Wight Free confidential support

www.citizensadviceiw.org.uk

Tel: 01983 684684

Isle of Wight Council housing support

Tel: 01983 823040

Island Roads

www.islandroads.com

Tel: 01983 822440

Wightcare

24 hour support Tel: 01983 821105

Flood alerts

www.gov.uk/check-flooding

HelpThroughCrisis emergency support

www.iow.gov.uk/HelpThroughCrisis

IsleFindIt

Isle of Wight directory
www.islefindit.org.uk

Living Well and Early Help Service

www.lweh.org.uk

Tel: 01983 240732

Environment Agency Floodline

24 hours, 7 days a week

Call: 0345 988 1188

Southern Water

Southern Water may help clean your property if it has been flooded with sewage

www.southernwater.co.uk

Emergency line: 0330 303 0368

Scottish and Southern Electricity Network

www.ssen.co.uk

Had a power cut? Call 105

Report a gas leak at

www.gassaferegister.co.uk

Tel: 0800 111 999

If you have difficulty understanding this document, please contact us on 01983 821000 and we will do our best to help you.