

Supporting your mental health and wellbeing after flooding



It's OK...
not to be ok



Isle of Wight
Council

Here to help

Over the past few weeks, the Isle of Wight Council has been responding and supporting recovery from the impact of Storm Ciaran. The storm may have affected you, your home, business or family.

Guidance and support

Experiencing a flood can be frightening. It can disrupt your daily life activities. Even if your home was not flooded, it is normal to experience tiredness, difficulty sleeping and anxiety.

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.

Things that happen after a flood can be a source of stress. This may include:

- disruption to your GP clinic and accessing healthcare services;
- disruption to regular household activities;
- interruption to schooling facilities;
- damage to home and personal belongings.

Experiencing any one of these can be distressing and can cause anxiety. It is normal to feel this way, even for a while after the event.

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

You can contact NHS 111 if you need medical help right now. If your need is life threatening call 999.

Local support organisations

For community support:

- **Isle Find It** – Services directory for the Isle of Wight
www.islefindit.org.uk/business/services-directory
- **Citizens Advice Isle of Wight** – Free confidential support
citizensadviceiw.org.uk or call 0800 144 8848.
- **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
- **Single Point of Access (SPA)** – Provides mental health services for adults aged 18 and over, including those in crisis. Contact the team seven days a week, 7am to 10pm on 01983 522214
- **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 anyone in the UK. giveusashout.org

Support for young people:

- **The Isle of Wight Youth Trust**
www.iowyouthtrust.co.uk
- **Wessex Healthier together**
www.what0-18.nhs.uk/health-for-young-people/mental-health-and-wellbeing
- **Hampshire and Isle of Wight Crisis Line 0300 303 1590 (Monday to Thursday, 3pm to 8.30pm)**
Dedicated phone line providing immediate access to help, support or advice for anyone aged 11 to 17 years old experiencing difficulties with their mental health

Useful contacts

Isle of Wight Council

www.iow.gov.uk/keep-the-island-safe/severe-weather/november-2023-flood-support

Tel: 01983 823111

Citizen's Advice Isle of Wight

Free confidential support

www.citizensadviceiw.gov.uk

Tel: 0800 144 8848

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

Aspire

www.aspireryde.org.uk

Tel: 01983 716020

Town councils

Brading Town Council

www.brading.gov.uk

Tel: 01983 401770

Cowes Town Council

www.cowestowncouncil.org.uk

Tel: 01983 209022

East Cowes Town Council

www.eastcowestowncouncil.co.uk

Tel: 01983 299082

Ryde Town Council

www.rydetowncouncil.gov.uk

Tel: 01983 811105

Sandown Town Council

www.sandowntowncouncil.gov.uk

Tel: 01983 408287 or 01983 300 329

Yarmouth Town Council

www.yarmouthtowncouncil.co.uk

Tel: 01983 527093

Southern Water

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

www.southernwater.co.uk

Tel: 0330 303 0277

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