

Flooding 2019 - Support Contact Details

LRSN Contact Details	
<p style="text-align: center;">Alison Twiddy Project Manager, LRSN Tel: 07725 203560 Alison.twiddy@lrsn.co.uk</p>	<p style="font-size: 1.2em;">LRSN HELPLINE</p> <p>OPEN 8AM TILL 6PM EVERY DAY OF THE YEAR</p> <p style="font-size: 1.5em;">0800 138 1710</p>
<p style="text-align: center;">Lea Schofield Caseworker, LRSN Tel: 07714 137575 Lea.schofield@lrsn.co.uk</p>	

Farming Organisations' Contact Details	
<p style="text-align: center;">NFU Regional Office Tel: 01572 824250 Email: east.midlands@nfu.org.uk Web: www.nfuonline.com NFU Callfirst 0370 845 8458</p>	<p style="text-align: center;">TFA Tel: 0118 9306130 Email: tfa@tfa.org.uk Web: www.tfa.org.uk</p>
<p style="text-align: center;">CLA Cath Crowther, Regional Director, CLA East Tel: 01638 590429 Email: east@cla.org.uk Web: http://www.cla.org.uk/your-area/east</p>	<p style="text-align: center;">Rural Payments Agency Main switchboard: 03000 200 301 Web: https://www.gov.uk/government/organisations/rural-payments-agency Email: ruralpayments@defra.gov.uk</p>

Charities' Contact Details	
<p style="text-align: center;">RABI Tel: 0808 281 9490 Email: info@rabi.org.uk Web: www.rabi.org.uk</p>	<p style="text-align: center;">Forage Aid Tel: 07967 219991 Email: info@forageaid.org.uk Web: www.forageaid.org.uk</p>

Emergency contacts	
<p>Environment Agency Flood information Web: https://flood-warning-information.service.gov.uk/5-day-flood-risk Environment Agency incident hotline 0800 80 70 60 24-hour service Flood warning - Act Turn off gas, water and electricity, move things upstairs or to safety, move family, livestock and vehicles to safety Severe flood warning - Survive Call 999 if in immediate danger, follow advice from emergency services, keep yourself and your family safe</p>	<p>In an emergency, please call 999 for Police, Ambulance or the Fire Service Call 101 if you see a fallen tree or standing water blocking a road Call 105 if you experience a power cut or have seen damaged power lines Call 01522 782082 to report flooding in your area.</p>



General Support Contact Details

Flood Re: <https://www.floodre.co.uk/>

Flood Re is a joint initiative between the Government and insurers. Its aim is to make the flood cover part of household insurance policies more affordable. If your home is at high risk of flooding, you can apply through your insurer to reduce the costs of insurance. Flood RE applies only to home insurance, and not all insurance companies are members of the scheme. **Visit the website to find out how it works and if you could be covered by Flood Re.**

Steps 2 Change: A free NHS service that provides a range of evidence based talking therapies for problems such as depression, anxiety, post trauma reaction, panic, phobia, Obsessive Compulsive Disorder

For referrals contact:

Tel: 0303 123 4000

Email: lincs.spa@nhs.net

www.lpft.nhs/steps2change

MIND: Information and advice on a huge range of mental health topics. Committed to helping everyone experiencing a mental health problem to receive support and respect.

www.mind.org.uk

www.facebook.com/mindforbettermentalhealth

Papyrus: Prevention of suicide for young people.

<https://www.papyrus-uk.org/>

National Confidential Helpline

HOPELineUK: 0800 068 41 41

A specialist telephone helpline service, staffed by trained professionals who give non-judgemental support, practical advice and information to children, teenagers and young people aged up to 35, who are worried about themselves and anyone is concerned about a young person.

Samaritans: The Samaritans support anyone in distress, around the clock, through 201 branches across the UK and Republic of Ireland. "We know our service can help people before it's too late"

www.samaritans.org

Phone: 116 123

Email jo@samaritans.org

SANE: Work to improve quality of life for anyone affected by mental illness.

Phone: 0300 304 7000

(Lines open 4.30pm – 10.30pm, 365 days a year)

Email

www.sane.org.uk/what_we_do/support/email

Website www.sane.org.uk

Staying Safe: Staying Safe offers online resources for people experiencing suicidal thoughts to help keep them safe, including making a safety plan.

www.stayingsafe.net/

Shout – text to get help:

Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Text Shout to 85258

<https://www.giveusashout.org/>

Relate: Relate is the UK's largest provider of relationship support. It has centres across the UK and a network of licensed local counsellors as well as phone, email and live chat counselling.

Web: www.relate.org.uk

Other sources of help:

Visit NHS for a list of websites and telephone helplines on a range of mental health issues, domestic abuse or addiction problems.

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>



Lincolnshire Rural Support Network