

## Flooding 2019 - Support Contact Details

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

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

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

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



## General Support Contact Details

<p><b>Steps 2 Change:</b> 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</p> <p>For referrals contact: Tel: 0303 123 4000 Email: <a href="mailto:lincs.spa@nhs.net">lincs.spa@nhs.net</a></p> <p><a href="http://www.lpft.nhs/steps2change">www.lpft.nhs/steps2change</a></p>	<p><b>MIND:</b> 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.</p> <p><a href="http://www.mind.org.uk">www.mind.org.uk</a></p> <p><a href="https://www.facebook.com/mindforbettermentalhealth">www.facebook.com/mindforbettermentalhealth</a></p>	<p><b>Papyrus:</b> Prevention of suicide for young people. <a href="https://www.papyrus-uk.org/">https://www.papyrus-uk.org/</a> National Confidential Helpline <b>HOPELineUK: 0800 068 41 41</b></p> <p>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.</p>
<p><b>Samaritans:</b> 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"</p> <p><a href="http://www.samaritans.org">www.samaritans.org</a></p> <p><b>Phone: 116 123</b></p> <p>Email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></p>	<p><b>SANE:</b> Work to improve quality of life for anyone affected by mental illness.</p> <p><b>Phone: 0300 304 7000</b> (Lines open 4.30pm – 10.30pm, 365 days a year)</p> <p><b>Email</b> <a href="http://www.sane.org.uk/what_we_do/support/email">www.sane.org.uk/what_we_do/support/email</a></p> <p><b>Website</b> <a href="http://www.sane.org.uk">www.sane.org.uk</a></p>	<p><b>Staying Safe:</b> Staying Safe offers online resources for people experiencing suicidal thoughts to help keep them safe, including making a safety plan.</p> <p><a href="http://www.stayingsafe.net/">www.stayingsafe.net/</a></p>
<p><b>Shout – text to get help:</b> 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.</p> <p><b>Text Shout to 85258</b> <a href="https://www.giveusashout.org/">https://www.giveusashout.org/</a></p>	<p><b>Relate:</b> 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.</p> <p><b>Web:</b> <a href="http://www.relate.org.uk">www.relate.org.uk</a></p>	<p><b>Other sources of help:</b> Visit NHS for a list of websites and telephone helplines on a range of mental health issues, domestic abuse or addiction problems.</p> <p><a href="https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/">https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/</a></p>