

# Irma taught us.....

## THAT IT CAN HAPPEN TO US...

- that our nearest neighbours are the ones we run to during the eye of a storm when we have lost our safe place;
- that even the most prepared of us may find ourselves needing help in a disaster;
- that after a storm when we cannot reach our family and friends by vehicle or by phone, our support network shrinks to just those that we can walk to. At those times we need the people that are nearby and easy to reach; and
- that without radio, cell phone or internet to get official information, connection to agencies and government departments, our stress levels rise and we become worried and uncertain of how we will cope.



# For more information

## A LIST OF USEFUL RESOURCES:

### BVI GOVERNMENT

Website: [www.bvi.gov.vg/content/ministry-health-and-social-development](http://www.bvi.gov.vg/content/ministry-health-and-social-development)

Twitter: @BVIgovernment

Facebook: Government of the Virgin Islands

Facebook: Ministry of Health and Social Development

### DEPARTMENT OF DISASTER MANAGEMENT

Website: [www.bviddm.com](http://www.bviddm.com)

Facebook: BVI DDM

Tweets: @bviddm

### BVI RED CROSS

Website: [www.redcross.vg](http://www.redcross.vg)

Facebook: BVI Red Cross

### FAMILY SUPPORT NETWORK

Website: <https://familysupportbvi.org>

Facebook: Family Support Network BVI

### ALZHEIMER'S ASSOCIATION BVI

Facebook: VI Alzheimer's Association



# Building your community for a stronger BVI

**WHEN FACED WITH DISASTER, PROTECT YOUR MENTAL HEALTH BY CONNECTING WITH YOUR COMMUNITY.**



**GOVERNMENT OF THE VIRGIN ISLANDS**

# PAHO



Pan American Health Organization



World Health Organization  
REGIONAL OFFICE FOR THE AMERICAS

**Mental Health, Psychosocial Support in Emergencies Project in BVI**



## Connect to Protect

### BUILDING RELATIONSHIPS AS PART OF YOUR DISASTER PREPARATION

Check on your loved ones;

- Make an emergency plan with your neighbours;
- Check in with those around you and offer to help others, especially people that might be vulnerable; and
- Don't be afraid to ask for assistance.

Storm preparation is much more than buying supplies. Knowing that someone is looking out for you, knowing where to go for information or who to ask for help can help to reduce stress and anxiety. Build a relationship with your nearest neighbor – agree that they will check on you and you on them and make plans to support each other if the damage is severe.



## Each one, Reach one.

### IS SOMEONE LIVING NEAR YOU WHO IS:

- Alone?
- A single parent with small children?
- Living with a disability?
- A carer of someone that depends on them?
- Elderly?
- Living in a structurally unsound home?
- Required to be at work during or after a weather event and not able to protect their own family during these tough times?

This means that they or members of their household may be vulnerable and while they might not want to ask for help, they may well need assistance to prepare before, to provide support or shelter during or to recover after a storm or other disaster. Plan to check in on your vulnerable neighbours before and after a disaster. They may need you more than you realise.

## Welcome to your community:

Since Hurricane Irma several community groups have been developed. They have been set up as non-profit organisations that will be made up of volunteers from the immediate communities. They will aim to:

- identify resources and skilled people, nearby, that can help before, during and after a storm;
- identify vulnerable people that may need extra assistance and support to prepare, shelter or recover after a storm;
- hold regular meetings at an agreed meeting point for receiving and sharing information with community members and connecting those in need with those that have skills to help.
- connect with government and non-profit agencies to obtain help for those that need it in the community; and
- receive and share the latest official information with community members.



## CONTACT YOUR COMMUNITY GROUP TODAY TO FIND OUT MORE:

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