



Is someone living near you who is:

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

They may be vulnerable but might not want to ask for help. Offer your assistance! Even if they say no, check in on them before and after a disaster, and inform other people in the community. They may need you more than you realise.

Each one, Reach one



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Mental Health, Psychosocial Support in Emergencies Project in BVI