



## You should define you.

The more we talk about what's bothering us, the more normalised it becomes. Take the first step and start your conversation about mental health.

**We're here. Isle Listen.**



# We want everybody on the Isle of Man to feel emotionally empowered and effectively supported with their mental health.

## Who we are?

Isle Listen is a charitable initiative of MCH Psychological Services\*, an Isle of Man registered charity which has for over 35 years, provided vital emotional and mental health support to people living with cancer or other life-changing conditions.

## We have a simple aim

Across the UK, there is currently a wide-spread mental health crisis within schools and the wider community.

## One in eight 5 to 19 year olds have a mental health problem and this continues to grow.

It is vital that action is taken urgently, as **50% of all adult mental health problems are developed by the age of 14 and 75% by the age of 24** (UK Mental Health Foundation, 2018).

Isle Listen is an early intervention and prevention initiative which provides services and support across the Isle of Man in schools, the workplace and the wider community with a view to improving the approach to and perception of mental health.

## Isle Listen in schools

In the 2019/20 academic year, we ran a pilot scheme in two local secondary schools where we provided **644 one-to-one sessions** to **115 young people who needed extra support** and delivered our wider reaching mental health education programme through PSHE lessons, assemblies and workshops **to over 2,700 students.**

## Isle Listen in the workplace

Our workplace mental health awareness training enables employers and their staff to spot the early signs of a mental health episode, or help someone potentially struggling to manage their own mental wellbeing, even if it's as simple as an ear to listen or acknowledging they've not seemed quite themselves lately.

Since the Isle Listen initiative began, **we have trained over 1,000 workplace employees** across the Isle of Man via a range of short courses.

**To learn more about Isle Listen, the services we provide or to attend one of our courses, go to [islelisten.im](http://islelisten.im)**

We're here. Isle Listen.



\*Formerly The Lisa Lowe Centre and Manx Cancer Help