



# Get involved

this Mental Health Awareness Week

**9 - 15 May 2022**

**A complete guide for the  
Workplace and the Community**




## What we do

Isle Listen works in schools, the workplace and community, providing vital early intervention and prevention mental health support and training. During 2021, we extended the reach of our educational services into all 6 of the Island's secondary schools and 16 of the Island's 33 primary schools. We also work with many employers and community groups on the Island to provide mental health and wellbeing support and training to help people recognise the early signs of mental health difficulties - helping people to support one another.

### In schools

2020/21 school academic year

 **11,265**  
student interactions  
via PSHE & assemblies

**139**   
school group  
sessions

**226**   
students supported  
by our 1-to-1  
listening service

**984** 1-to-1  
listening sessions  
provided  


### In the workplace

Between Jan 2020 and Jun 2021

 **2747**  
people trained  
virtually and in person

**95**   
workplace  
training courses

**30**   
organisations  
supported with mental  
wellbeing training on the  
Isle of Man and globally

 **239**  
hours of  
training

# Mental Health Awareness Week

Mental Health Awareness Week is an annual event founded and hosted every May by the Mental Health Foundation. The week is an opportunity to focus on achieving good mental health and wellbeing and removing the stigma that surrounds mental health. Each year, the event has grown to become one of the biggest awareness weeks across the UK and globally.

**Mental Health Awareness Week 2022 will take place**

**9<sup>th</sup> - 15<sup>th</sup> May**

Every year a theme is chosen and this year,  
**the theme is Loneliness**



## Why Loneliness?

Loneliness is affecting more and more of us and has had a huge impact on our physical and mental health during the pandemic. Connections to other people are key to protecting our mental health and wellbeing.

Loneliness can touch all of our lives. The Mental Health Foundation has been tracking loneliness levels in the UK during the pandemic and has found that people's sense of isolation and reduced ability to connect has exacerbated the issue.

You can find out more at [mentalhealth.org.uk](https://mentalhealth.org.uk)

**69%** of young people aged 13-19 felt alone often or sometimes

**59%** regularly felt they had no one to talk to

# Mental Health Awareness Week

We are running a series of activities in schools, workplaces and the community that reflect on the theme of loneliness, with a specific focus each day. Here is a snapshot of how we are looking at loneliness during the week, plus some of the activities you could get involved with each day.

## Monday

### THEME:

What loneliness means

### WHAT'S ON:

Building light up



## Tuesday

### THEME:

Exploring scenarios

### WHAT'S ON:

Coffee morning



## Wednesday

### THEME:

Listening and making connections

### WHAT'S ON:

Give an hour



## Thursday

### THEME:

Keeping positive

### WHAT'S ON:

Get active



## Friday

### THEME:

Practical tips

### WHAT'S ON:

Dress down



## Saturday

### THEME:

Take the plunge

### WHAT'S ON:

Sea Dip



## Sunday

### THEME:

Looking forward

### WHAT'S ON:

Try something new



# Here's some ideas



## Monday

We can often compare our lives to others, particularly with what we see on social media, and this can make us feel like we are the only ones who feel lonely. It's important to remember that we're only seeing what people want to share and this might not always be a realistic view of their life.

Take some time to review your social media feeds and check it's not having a negative impact on your wellbeing. If you like to share on social media, post something honest about how you are feeling and tag us in - @IsleListen

## Tuesday

If you've been feeling lonely for a while it can be hard to think about increasing your social interactions, changing your routine and putting yourself in new situations. Mentally put yourself in a few scenarios and see how you might feel. Are you happy to go out and meet new people or would you rather do more things with a small group of friends? Think about what advice you would give to a friend who was in a similar situation.

We are hosting or supporting various events this week where you can take a step towards meeting new people or trying a new challenge. Visit our website or social media channels for more details.

## Wednesday

Sometimes we feel lonely even when we're surrounded by others because we aren't making connections with them. Try to be more open with friends and family about your feelings and encourage them to be open with you. Create a regular routine to check in with others. Nurturing relationships and making real connections can be a huge boost to our wellbeing and help ease feelings of loneliness.

Our schools Listening Service supports young people who are experiencing difficult emotions. It costs us £120 to provide a 1 hour listening session, so while you are working on your network of connections today, why not give to us and help a young person develop their own?

## Thursday

We all encounter negative thoughts and emotions and it can help to have a positivity jar containing memories and affirmations, or activities we know will help us feel more positive. What would you put into your positivity jar? What is the kindest thing someone has ever done for you? What's the best thing that has happened today so far?

Visit our Instagram story and share something to our Isle Listen positivity jar.

## Friday

If you are feeling lonely and want to meet new people you can take small steps, like joining an online class where others are taking part, but you aren't forced to interact with them if you don't feel comfortable. It can be helpful to just know others are there and also gives you a common ground if you did want to start a conversation. If you do feel comfortable meeting people in person, you could try volunteering. This is a great way to meet people, often with similar interests, and helping others is also a great way to boost your mental health.



# A special training offer for Mental Health Awareness Week



Workplace mental health awareness training is a key part of our wish to remove the stigma surrounding mental health.

It is important that employers and their workforce know how to address mental health and wellbeing in the workplace and support one another. Our workplace training equips employers and their workforce with the knowledge, skills, and resources to recognise the early signs that someone may be struggling.

During Mental Health Awareness Week, **we are offering our 3 hour "Looking after yourself and others" course at the reduced price of just £10 per person** which will also touch upon the theme of this year's Mental Health Awareness Week, loneliness.

Our mental health and wellbeing first aider training is written specifically for the Isle of Man and attendees....

- Will be able to spot the signs that someone might be struggling
- Learn intervention techniques
- Be able to provide effective support and signposting options
- Receive ongoing support from our accredited therapists

## The sessions

**Monday 9<sup>th</sup> May**

1pm to 4pm  
Delivered online

**Tuesday 10<sup>th</sup> May**

9.30am to 12.30pm  
Delivered online

**Friday 13<sup>th</sup> May**

9.30am to 12.30pm  
Our Therapy Suite at Skanco  
Court, Cooil Road, Douglas

**BOOK NOW limited availability**  
[islelisten.im/MHAW](https://islelisten.im/MHAW)

We also offer a range of mental health and wellbeing first aider training in our 1 day courses for just £99 per person, that introduces mental health as well as topics including depression, anxiety, suicide, referral pathways and listening skills.

### Did you know...

....when you book your mental health and wellbeing training with Isle Listen, you are also helping us as a charity, to continue supporting the mental health of our Island's young people, **free of charge!**

We will also be sharing some exclusive Mental Health Awareness Week wellbeing content during the week that you can share with your employees.





# Get involved with other activities and help support our work

We couldn't continue to do what we do without the incredible support of our community! So, we're asking as many people as possible to get involved with the week and help raise awareness of the importance of mental health. Donations from all the amazing fundraising activities stay on the Island and enable us to continue offering our vital support **free of charge!**

## Show the love...



Supported by  
**CAINS**



In 2021, many well-known businesses and landmarks

**changed colour and went green in a show of support for Isle Listen and Mental Health Awareness Week.** There

are lots of ways you can join in again this year, and showing that you care can make a huge difference to a young person who is struggling to cope with their feelings.



## Here's just a few ideas...

**Wear something green** on **Friday 13<sup>th</sup> May** and make a donation to show your support.



**Give your logo a green twist** like Manx National Heritage.



Light your **building green.**



**Nothing green to wear?** Don't worry, you can still show your support by getting one of our **lapel pin badges or wrist bands**. Why not place a box of the badges and bands in your reception or staff room so everyone can participate?

## Have a brew and a bun

It isn't always easy to get out and meet people when we're feeling lonely. So, why not **join us for a coffee and a bun at our Centre at Skanco Court, Cooil Road, Douglas on Tuesday 10<sup>th</sup> May between 9am and 12pm** and take a step to combating loneliness and have a natter with someone new?

**Or, why not host your own coffee morning, catch up with old friends and ask everyone to make a small donation to Isle Listen?**

**A cake sale is also a great way to showcase your baking skills**, but to also connect with others and people you might not usually speak to. Get 'pupil buddies' involved so no one feels lonely!





## Sea Dip for your Sanity

Sea dipping is a great way to support mental health as well as making new friends, and we were overwhelmed by the response to our sea dip challenge in October 2021, when nearly 300 people joined us to take part.

Come and join us on

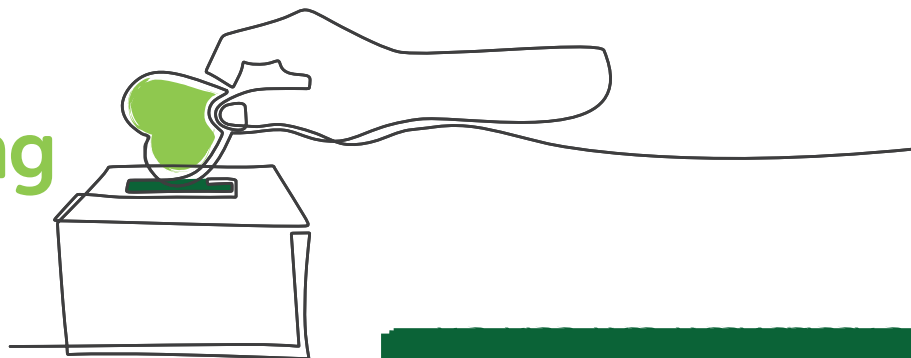
**Saturday 14<sup>th</sup> May, Ramsey Beach at 8am**

for the start of the dipping season and help to remove the stigma that surrounds mental health. Don't forget, sea dipping is also a great family activity!



**Ramsey Crookall**  
Established 1946  
Members of the London Stock Exchange

## The gift of life changing support



**We know how important it is to have access to vital early intervention mental health support.**

We provide our therapeutic support **completely free of charge** to those who need us, but did you know, **for every hour of therapeutic support we provide, our charity has to fundraise £135?**



In 2021, we provided  
**over 2,000**  
hours' of therapeutic support!

### Your donations make a real and lasting difference!

It could be as simple as donating the cost of your morning coffee or weekly take out, or children might want to offer to do chores around the house for a donation to Isle Listen, or you might want to donate an hour of your salary. Helping in any of these amazingly generous ways, enables us to offer life-changing support to a young person who is struggling.

**Help support us with a one-off or regular monthly donation -**  
[islelisten.im/donate](https://islelisten.im/donate)





# How your fundraising helps to support us

**Quite simply, you're making a real and lasting difference!**

Your generous support helps us to continue our 'Stop the stigma' mental health campaign by enabling us to offer early intervention mental health support to continue building emotional resilience in our Island's young people.

**£60**

covers the cost of therapeutic aids and art materials used in one primary school session by our Art Therapists, to support the delivery of mental health topics to build emotional resilience in an age appropriate way

**£120**

gives a young person the opportunity to access our Listening Service in school to talk about feelings they're finding difficult to manage such as bullying or exam stress

**£300**

provides 2 days of activity workshops for children focusing on confidence-building and self-esteem

**£1,350**

provides a young person access to a higher level of therapeutic support around issues such as self-harm, gender issues and mild to moderate anxiety

**£6,000**

enables the delivery of our mental health educational programme for one academic year, in one school, covering issues that can effect emotional wellbeing

Help support us with a one-off or regular monthly donation, at [islelisten.im/donate](https://islelisten.im/donate)

# How to donate



## Here's how you can make your donation following your amazing fundraising activities

1. Donate securely online using your debit or credit card at [www.islelisten.im/donate](http://www.islelisten.im/donate)
2. Set up a fundraising page at JustGiving which will collect money from your supporters automatically and take all the hassle out of collecting your sponsorship.
3. Donate by bank transfer:

Pay to: **MCH Psychological Services t/a Isle Listen**  
Account no: **12822752**  
Sort code: **55-91-00**  
Reference: **Please state your event or activity**

4. Donate by cheque (made payable to MCH Psychological Services t/a Isle Listen) and send to our address below.

**Contact us** 01624 679118  
info@islelisten.im  
Skanco Court, Cooil Road, Douglas, Isle of Man, IM2 2SR

# We're supporting



**ISLE LISTEN**

Because Minds Matter

**Event:**

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**Date & Time:**

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**Location:**

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**More info:**

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this Mental Health Awareness Week

**9 - 15 May 2022**



**islelisten.im**

getinvolved@islelisten.im

(01624) 679118