

「
Get involved.
」

Mental Health Awareness Week

15 - 21 May 2023

This year's theme is **Anxiety**



Your guide to getting involved

Early intervention and prevention

We have a simple vision, for children and young people on our Island to feel emotionally empowered and effectively supported with their mental health.

Supporting and equipping young people to effectively manage their mental health is at the heart of what we do. Our passionate team is helping to avoid the unnecessary escalation of mental health issues, and long waiting times to statutory services, for children and young people.

Sadly, we continue to see a rise in the number of young people needing help and support with their mental health and wellbeing, and in 2022, we received a staggering 1,337 referrals of children and young people for 1-to-1 support.

Our support and services in schools isn't funded by Government, and each year we rely on charitable fundraising and our army of incredible supporters from within our community, like you, to be able to continue what we do.

So, please get involved and help us to continue helping to prevent the escalation of mental health issues for children and young people, and making sure that improving mental health is a key priority for Government and our society.

Quite simply, YOUR support makes OUR support possible!



1,337

children and young people referred to our service for 1-to-1 support in 2022

That's approximately

25

referrals **every week**



65%

of school referrals for worry, self-esteem and low-mood



Mental Health Awareness Week

Shining a spotlight on anxiety

Mental Health Awareness Week is an annual event founded by the Mental Health Foundation and hosted every May. The week aims to tackle the stigma surrounding mental health and enable people to understand and prioritise their own mental health, as well as learning how they can support others. Created 23 years ago, the event has grown to become one of the most high-profile public awareness weeks.

Each May, millions of people from all walks of life take part. They include people in schools and further education; private, public and charity sectors; families and individuals. With your help, this year we want to make Mental Health Awareness Week the biggest yet!

Mental Health Awareness Week 2023 takes place

15th - 21st May

Every year a theme is chosen and this year
the theme is Anxiety



Why Anxiety?

Anxiety is an important human emotion but, in some circumstances, it can get out of hand and become a mental health problem.

A lot of different things can contribute to feelings of anxiety, including exams, relationships, a new job, a date or a big life change. It is also an emotion people frequently experience around money and not being able to meet life's basic needs.

Anxiety is also one of the most common mental health problems people face.

Find out more at mentalhealthfoundation.org.uk

25% of adults feel so anxious that it stops them doing things some or all the time

60% of adults feel this way at least occasionally

Source: Mental Health Foundation

What can the week achieve?

Each year, Mental Health Awareness Week has been vital to us for increasing public understanding of mental health on our Island and our essential mental health support and services for children and young people.

It has helped ensure mental health is now a key part of the public conversation after years in which it was not spoken about.

We firmly believe that mental health and wellbeing needs to be embedded in education from an early age. In doing so, we will empower children and young people with the emotional resilience to effectively deal with the stresses and setbacks they will face throughout their lives - avoiding the unnecessary escalation of mental health issues and reducing the need to access statutory services.

The week enables us to keep up the pressure on Government for funding and change so that mental health and wellbeing is prioritised in schools and the community. Right now, our Island faces a stark choice: to wholeheartedly address the mental health of our young people, or to allow the silent pandemic to continue.

How to take part in the week

Mental Health Awareness Week is a moment for everyone to reflect on mental health, tackle the stigma that still exists, and learn how we can create a society on our beautiful Island that prevents mental health problems from developing.

Whether you're an individual or family, school or UCM, charity or business, there are plenty of ways for you to get involved.

We've put together this guide which we hope will help you spread the word and ideas of ways that you can take part in the week to highlight the importance of mental health on our Island.

We're a small population and need a resilient society, and we want to be doing better than other parts of the world.

During the week, we have a number of activities from events to special training, awareness raising to fundraising. All with the aim of helping you to understand mental health and anxiety, and some of the things that can help you and the people around you to manage it.

And we can't do it without you!






A special training offer for Mental Health Awareness Week

Anxiety is a normal emotion, although sometimes it can get out of control and become difficult to manage.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food.

During Mental Health Awareness Week, our face-to-face and virtual **short courses** are centred around anxiety to increase awareness and understanding of the issue, and providing practical ways to prevent it from becoming a problem.



	Morning	Afternoon	Evening
Monday 15 th May	Eco Anxiety	Mind & Menopause	-
Tuesday 16 th May	Circle of Control		-
Wednesday 17 th May	Financial Wellbeing	Change is a constant	-
Thursday 18 th May	Rational thinking vs emotional thinking		Supporting people with an anxiety diagnosis FREE!
Friday 19 th May	Digital Wellbeing		-

If you would like to host any of these courses at your organisation, please get in touch by emailing us at training@islelisten.im.



BOOK NOW limited availability

islelisten.im/MHAWcourses



Did you know...

by booking your mental health and wellbeing training with us, you're also helping us as a charity, to continue providing mental health support for our Island's young people. Which we do completely free of charge!



Show the love, get involved and fundraise

Whether you choose to join one of our organised events or do your own thing, we can't thank you enough!

Here are some ideas for a bit of inspiration on how you can fundraise and raise awareness of the importance of mental health. We've got old favourites as well as some out-there ideas.



Light your building green

Have coloured exterior lighting? Change colour and go green in a show of support for Isle Listen and Mental Health Awareness Week.

Give your logo a green twist

Go green for the week like Manx National Heritage.



Sea Dip for your Sanity

Persuade colleagues to join you at our **Sea Dip on Sunday 14th May**. Why not collect sponsorship!



People love a bake-off!

Give them a chance to show off their skills and raise money by selling off the cakes, biscuits and sweet treats.



Host our merchandise box

Don't forget to ask us for one of our merchandise boxes for your event which contains our green heart pin badges.



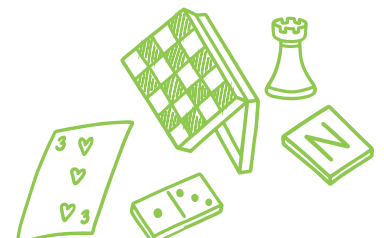
Fancy dress day

Persuade colleagues to have a dress-up day at work for a suggested £2 donation with a prize for the winner.



Wear something green

Always a favourite, wear something green on **Friday 19th May**.



Gaming marathon or tournament

Recreate a much loved nostalgic experience by putting together teams in the office to take on a gaming extravaganza



Hold a coffee morning

Tea and coffee mornings are great opportunities to fundraise. Why not add a couple of specials like hot chocolate with cream and marshmallows or syrups for coffees?





How your support can help us

Quite simply, your support makes our support possible!



1,337

children and young people referred to our service for 1-to-1 support in 2022

Each year, we rely on charitable fundraising and the support of our amazing community to continue providing our 1-to-1 mental health support for children and young people, free of charge.

We currently do not receive any Government funding for our core support and services in the Isle of Man's schools, and so every penny you raise stays right here on the Isle of Man and goes directly towards continuing our support and services to those children and young people most in need.

£300

provides an activity workshop for children, focusing on confidence-building and self-esteem

£1,350

provides a higher level of therapeutic support for issues such as low-mood, and mild to moderate anxiety

£120

allows a young person access to our Listening Service for support with issues like bullying and low self-esteem

£6,000

is what we need to fundraise to provide our mental health educational programme in one primary school for one year

£70

funds resources for one module in all primary schools that helps children to build emotional resilience

Sea Dip for your Sanity

Sea dipping is a great way to support mental health as well as making new friends. Come along and join us for the start of the dipping season and help to remove the mental health stigma.

Sunday 14th May - Ramsey Beach at 9am

Sea dipping is also a great family activity!

islelisten.im/seadip



Generously supported by
Ramsey Crookall
Established 1946
Members of the London Stock Exchange



YOUR support makes OUR support possible!

We know how important it is for children and young people to have access to the mental health support they need, when they need it.

We rely on charitable fundraising and our army of incredible community supporters like you, to be able to continue what we do.

**For every hour of support we provide,
we have to fundraise around £135.**

In 2022, we had a staggering
1,337 referrals
of children and young people
for 1-to-1 mental health support



**Could you give to
us each month?**

£10
a month

We realise the impact of the increased cost of living right now, and we're enormously grateful for any support you can give.

By donating £10 each month, you will enable a young person to access our 1-to-1 support in secondary schools to talk about issues they're finding difficult to manage such as bullying, low self-esteem, family relationships and bullying.

Start giving at
islelisten.im/monthly





CURRY & CHAAT

Leela's Kitchen

Tuck in for mental health at our Curry & Chaat Friday 19th May

We're sure you already know that connecting with others,
socialising and talking, is good for mental health.

And what better way to do it than tucking in to a delicious curry with family, friends
and colleagues to strengthen relationships and beat anxiety!

Where & when?

Friday 19th May 2023
St Matthew's Church Hall, North Quay, Douglas
Sittings: 12.00 - 13.30 & 17.00 - 18.30

Vegetarian/Vegan option available

Reserve spaces at islelisten.im/curryandchaat



£10
per person

Pack your bags!

£10
a ticket

Enter the World of Virgin

WIN £5k

Virgin
GIFT CARD

Eat out, cruise the high seas or jet off on an amazing adventure of a lifetime. This incredible prize, **valid until April 2025**, is your very own VIP card to unlock a range of fantastic Virgin products and services from Virgin Atlantic to Virgin Wines!

Grab your ticket at islelisten.im/virgin

ONLY 2,000 TICKETS AVAILABLE | DRAW DATE: MONDAY 22 MAY 2023

Everyone loves merch!

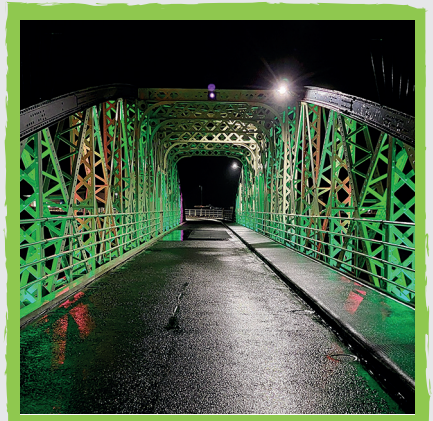
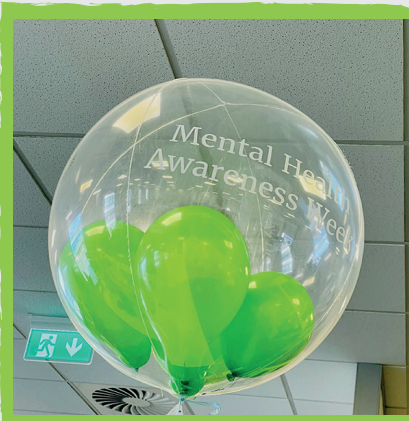
Designed by local artist Jade Boylan exclusively for Isle Listen and Mental Health Awareness Week, show your support by getting your hands on one of our limited edition badges!

Don't forget to ask us about hosting one of our merchandise boxes.



islelisten.im/shop

Ways to pay



If you have supported us this week, thank you so much!

Here's a few ways to get your fundraising amount to us

Online

Donate securely online using your debit or credit card

islelisten.im/donate

Don't forget about...

JustGiving

Don't forget, you can also set up a fundraising page at JustGiving where your supporters can donate towards your event or challenge and the funds will automatically come directly to us.

islelisten.im/justgiving

Bank transfer

**MCH Psychological Services
t/a Isle Listen**

Account no: **12822752**

Sort code: **55-91-00**

Please remember to quote your organisation or event name as the payment reference

Mail

You can post cheques, made payable to MCH Psychological Services t/a Isle Listen, to:

Isle Listen
Mill Court
Hope Street
Castletown
Isle of Man
IM9 1AN

「
Get involved.
」

**Prevent anxiety
becoming a problem**

islelisten.im/mhaw

getinvolved@islelisten.im
(01624) 679118

