

Unfortunately, there will be occasions where we are unable to assist with certain mental health problems, or where more specialist support is needed.

There are many local charities, other third sector organisations and Government departments who may be better-placed to help you and we have set out in this leaflet some of those alternative organisations who might be able to help.

! **Minds Matter and Isle Listen are not crisis services and only offer planned interventions. If you or someone you know is in need of immediate support, DO NOT WAIT. Please contact Manx Care's 24-hour Crisis Team on 01624 642860 or the Emergency Services on 999.**

- !** **If you have safeguarding concerns regarding:**
- **a Child, please contact 01624 686179 (office hours) or 01624 631212 (out of hours – Police Headquarters) and ask for the duty social worker.**
 - **an Adult, please contact 01624 685969 (office hours) or 01624 650000 (out of hours – Nobles Hospital Switchboard) and ask for the duty social worker.**

Community support services

Isle Listen

Early intervention mental health & wellbeing support for young people under 25.

01624 679118 | info@islelisten.im

islelisten.im

Minds Matter

Formerly known as Manx Cancer Help, psychological support for anyone affected by life-changing illnesses.

01624 679118 | info@mindsmatter.org.im

mindsmatter.org.im

Cruse Bereavement Care

Promotes the wellbeing of bereaved people and to enable anyone bereaved by death to understand their grief and cope with their loss.

01624 668191 | info@cruseisleofman.org

cruseisleofman.org

Hospice Psychological Support

Psychological support around coming to terms with a serious illness.

01624 647400 | admin@hospice.org.im

hospice.org.im

Motiv8

Specialists in addictive behaviours such as alcohol or drug abuse and problem gambling.

01624 627656 / 07624 426400

01624 622011 (Gambling & Gaming Support)

contact@motiv8.im

motiv8.im

NSPCC

Protecting children from abuse and supporting families.

0808 8005000

(Adults concerned re a child)

0800 1111 Childline

(Support for children and young people)

nspcc.org.uk

Relate

Provides relationship support which includes counselling for couples, families, young people and individuals and sex therapy.

01624 623902 | relate@mcb.net

Samaritans

Support line available 24/7, before, during and after a crisis. Whether it's an "are you ok?" at just the right moment, or the midnight support of a trained volunteer.

116123 (24 hrs)

Online chat and self-help app

samaritans.org

Silver Line

A free service for older people offering friendship, conversation, and support, especially for those who may be experiencing feelings of loneliness and isolation.

0800 470 8090 (24 hrs)

thesilverline.org.uk

The Children's Centre

Community initiatives and services aimed at enabling children, young people, and families to realise their full potential.

01624 800000

info@thechildrenscentre.org.im

thechildrenscentre.org.im

Victim Support

Emotional support for victims of offences including physical or sexual assault, theft, and criminal damage. They also support the families of people involved in fatal road collisions.

01624 679950 | enquiries@victimsupport.im

victimsupport.im

Women's Refuge

Offers a safe place for women threatened by physical, emotional or sexual violence in the home.

01624 677900

womensrefuge3.iom@gmail.com

womensrefuge.im

YoungMinds

Helpline for parents and carers concerned about their child's (up to 25) mental health.

0808 8025544 (Parents Helpline)

youngminds.org.uk

Government services

- **Child and Adolescent Mental Health Service (CAMHS)**

01624 642875

Noble's Hospital

Referral is via the school nurse or GP

- **Community Mental Health Service for Adults**

Community Health Centre,
Westmoreland Road, Douglas

Referral via GP

- **Community Wellbeing Service**

01624 642540 | gov.im

Counselling and Therapies, Ballakermeen
Road, Douglas

Self-referral

- **Crisis Response Home Treatment Team**

01624 642860

Manannan Court, Noble's Hospital,
Douglas

Available 24/7

- **Drug and Alcohol Team**

01624 617889

Reayrt Noa, Noble's Hospital, Douglas

- **Early Help and Support (EHaS)**

01624 686191

Supporting your wellbeing online

Anna Freud Centre

Providing advice and support for children, young people and families.

annafreud.org

Beat

UK eating disorder charity, aiming to end the pain and suffering caused by eating disorders.

beateatingdisorders.org.uk

Childline

Provides 24/7 counselling service online, in addition to the phone helpline, and has a range of other online resources.

childline.org.uk

Kooth

Free online e-counselling service for children aged 11 to 17.

kooth.com (sign up required)

Qwell

Free online mental health support for adults, provided through a messaging service, peer forums and therapeutic content.

qwell.io (sign up required)

Mental wellbeing apps

Breathing Zone

Guided breathing help.

Bright Sky

Practical support and information on how to respond to domestic violence.

Calm*

Aids sleep and meditation

Calm Harm

Helps resist or manage the urge to self harm.

Catch-it

Mood tracker.

Clear Fear

Help children and young people to manage anxiety.

Combined Minds

Help friends and families provide mental health support.

Finch

Self care app aimed at younger age groups.

Headspace*

Mindfulness and meditation.

Insight timer

Mindfulness and meditation.

Molehill Mountain

Self managing anxiety for those on the autistic spectrum.

Move Mood

Help teenagers manage low mood and depression.

Recovery Record

Eating disorder recovery record.

Stay Alive

Suicide prevention resource.

The Worry Tree

Help in managing worries and anxiety, based on CBT techniques.

Advice

Citizens Advice Service

Free impartial advice with problems including housing, benefits advice, relationship breakdowns and employment issues. Can also make Food Bank referrals.

Douglas - 07624 366338

Ramsey - 01624 813466

Southern - 01624 833976

citizensadvice.im

Debt Counselling

The Office of Fair Trade has a Debt Counselling service with fully trained staff who will discuss your problems and guide you through resolving them in complete confidence.

01624 686510 | debt@gov.im

Housing Matters

Advice, guidance and support around housing matters to prevent, reduce and manage homelessness.

01624 675507 | info@housingmatters.im

housingmatters.im

Salvation Army

The Salvation Army is motivated by Christian faith. They offer practical support and services to all who need them, such as community advice on debt, unemployment and isolation.

salvationarmy.org.uk

** subscription required*