

Wellbeing in your Community

Mental Health Awareness Week 2025

Mental Health Awareness Week 2025 is all about Community – coming together to support each other's mental health and wellbeing. Take some time to think about how important it is to connect with friends, family, and people around us, to talk openly about our feelings, and to create a safe, caring environment where everyone feels valued. By looking out for one another and being kind, we can build stronger, happier communities.

This week reminds us that no one has to face mental health challenges alone – we're all in it together!

What is Community?

Community refers to a supportive network of individuals who share common values, interests, or goals and offer emotional, social, and psychological support. It provides a sense of belonging and connectedness, which is essential for overall wellbeing. Being part of a community helps individuals feel less isolated, reducing feelings of loneliness and enhancing their sense of self-worth and security.

Why is being part of a community important?



Social support

Communities provide a sense of safety where individuals can seek help, share experiences, and receive encouragement. This support helps reduce stress and anxiety and promotes positive mental health.

Sense of belonging

Being part of a community fosters a feeling of belonging, which is important for mental wellbeing. It can help individuals feel valued and recognised, and it can improve self-esteem.



Purpose and meaning

Communities often provide a sense of purpose and meaning, whether through shared activities, causes, or a collective mission. This can combat feelings of aimlessness or depression.



Resource sharing

Communities can offer resources and information that help people navigate life challenges, including mental health struggles. This could include support groups, educational materials, or access to mental health professionals.



Prevention and resilience

Being part of a community can increase resilience, offering emotional and practical support in times of crisis. It can also act as a preventive factor by promoting positive mental health behaviours, like mindfulness or exercise, through shared activities.



Communities on the Isle of Man

There are so many different communities on the Isle of Man, not all are listed below, and if none of these take your fancy, make your own! There are always people who will share your interests.

Creative Communities

Erin Arts Centre
Isle of Man Choral Society
Isle of Man Poetry Society
Mannin Music
Manx Litfest Writers' Group
The Manx Operatic Society
Rushen Silver Band
Sound Check Isle of Man
Storytellers and Storytelling Isle of Man
Craftworks Studio
Embroiderers' Guild Isle of Man
Isle of Man Art Society
Isle of Man Drawing Club
Isle of Man Photographic Society
Mannin Quilters
Manx Model Boat club
Men in Sheds
Onchan Flower Club

Language Communities

Cafe Lingo
Culture Vannin
The Language Club IOM
Language Exchange in Isle of Man
Manx Language Network

More Communities

Manx Bridge Union
Isle of Man Chess Club
Isle of Man Code Club
KB Table Top Gaming
Manx Retirement Association
Mother T's
PlasticBusters
Southern Befrienders
Active Souls

Sporting Communities

Impact Kickboxing
Isle of Man Basketball Association
Isle of Man Football Association
Isle of Man Cricket Association
Isle of Man Squash Rackets Association
Manx Rugby
Lawn Bowls Isle of Man
Manx Flyball
Manx Hockey Association
Manx Netball Association
The Academy of Dance
Ceroc Isle of Man
Christine Wild Theatre School
The Manx Folk Dance Society
Manx Trinity Academy of Irish Dance
Move It
Onchan Entertainers Dance Troupe
Savina's Secret
Swing in the Isle
Unity Dance School
Isle of Man Aikido Academy
Clear Mountain Martial Arts
Gracie Barra Isle of Man
Manx Amateur Boxing Club
Manx Taekwondo
Isle of Man Karate
IOM Swimming
Isle of Man Yacht Club
Peel Sailing and Cruising Club
Nobles Park Run
Northern Athletics
Port St Mary Rifle Club
Isle of Man Archery Association
Isle of Man Shooting Club
Let's Run Isle of Man

Help us to reduce the stigma

When people come together in a community and talk about mental health, it can reduce the stigma often associated with seeking help. Open conversations in safe spaces allow people to feel more comfortable discussing their struggles.

What communities are you a part of? How do they make you feel? What new ones could you join?



ISLE LISTEN

Because Minds Matter