

It's normal that we will all experience up and downs with our mental health. In the following pages you will find helpful advice and resources to guide you through some common mental health challenges, and tips to boost your wellbeing. Whether you're dealing with stress, anxiety, depression, or anything else, we're here to offer information and signposting to support you. Remember, you are not alone – help is available, and taking the first step is the most important part.

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Do you feel like hurting yourself?

Self-harm is any act of self-poisoning or self-injury regardless of apparent motivation or level of suicidal intent.

Understanding self harm

Self harm can include things like cutting, burning, biting, poisoning, or hitting yourself. People of all ages and backgrounds might self-harm, and the reasons that they do this can be different for everyone. It could be because they feel overwhelmed by sadness, anger, or frustration, and they don't know how to express or deal with those feelings, or to feel in control when other parts of life feel out of control. Some people also see it as a way of punishing themselves for their feelings, or as a way of showing others how they feel when they aren't able to explain it, but it's important to remember that self-harm is not about attention seeking, it's a sign that you're struggling and need support.

While self-harm might seem like a way to feel better in the moment, it doesn't actually solve the problem and can leave you feeling worse over time, or even stuck in a cycle where self-harm is the only way of coping. If it feels impossible to stop right now, make sure that you are being as safe as possible, talk to someone about what is happening, and be patient with yourself. Start creating a safety plan that can help you identify triggers and find what works for you to reduce the urge.

Through practice and support, you can develop healthier ways to cope with difficult feelings and break the cycle. There are always people ready to support you, whether it's a friend, family member, or professional.

Helpful tools

Self-care - Self-harm often happens when emotions feel too much to handle, so it's important to take care of your overall wellbeing. Try to get enough sleep, eat well, and find activities that bring you comfort, even if it is small steps.

Get creative - Journaling, creating some art, making or listening to music, or even scribbling and doodling can all help act as an outlet for expression.

Practice mindfulness - Try grounding activities, controlled breathing or visualisation tools. Or stimulate your senses by holding an ice cube or cold stone.

Use alternatives - While it might feel difficult, there are other ways to express and manage your emotions without harming yourself. For example, try squeezing a stress ball, drawing on your skin with a red marker (without actually cutting), or snapping a rubber band on your wrist, tasting Tabasco sauce, lemon wedges, and intensely sour sweets, holding ice cubes or putting on headphones and listening to fast, upbeat music. These can help provide some relief without causing damage.

Talk to someone - Let someone you trust know what you're going through so they can help support you. Professional help, like therapy, can also guide you in managing the feelings that lead to self-harm and offer ways to work through it safely.

Other resources

- [Calm Harm App](#)
- [Mind - Information for 11-18 year olds on coping with self-harm](#)
- [Samaritans - Contact Us](#)
- [Kooth](#)
- [Talk/Isle Listen](#)
- Crisis support - 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.

Do you feel sad a lot?

It's normal that we might have a bad day, or be upset about something sad that has happened. But if those sad thoughts don't go away and they are having an impact on how you go about your life, talking to someone or getting some advice can help.

Understanding depression

Sadness is a normal part of life. Everyone feels sad sometimes, especially after something difficult or upsetting happens. It's usually temporary and fades as time goes on, and you can often still feel like yourself and do the things you enjoy.

Depression is more than just feeling sad. It's a mental health condition that can make you feel down or numb for weeks or months, not just a few days, and can affect how you think, feel, and act. When you're depressed, it might feel like you've lost interest in things you used to enjoy, like hanging out with friends, playing games, or going to school. You might feel tired all the time, even if you haven't been physically active, or have trouble concentrating or making decisions. You may also feel worthless, hopeless, or like you're a burden to others. It can feel all-consuming and make daily life really tough.

If you think you might be depressed, it's important to talk to someone you trust, like a friend, family member, or professional. Reaching out for support is the first step toward feeling better.

Helpful tools

Behavioural activation – Our thoughts, feelings and behaviours are all connected, and have an impact on our mental health. Behavioural activation is a way of improving how we feel by changing what we do. When we do small things (like choosing to go outside, finishing a simple task, or practicing a hobby), and gradually and consistently build these up, it can boost our mood and energy.

Watch this [video](#) to learn more

Find worksheets to help [here](#)

Challenging automatic thoughts – Automatic thoughts can get us stuck in a negative spiral. But we can learn to challenge these when they pop up through the “Record, Rationalise, Replace” exercise. Watch the [video](#) to learn more.

Challenging negative self-talk – How we talk to ourselves can have a big impact on how we feel. When we feel low, we often slip into negative self talk and don’t give ourselves the same patience or understanding that we would show to others. Practice talking to yourself like someone you care about, and when that negative self talk starts, challenge it like you would if a friend was saying the same thing about themselves.

Practice self-care – Self-care will look different for all of us. It’s about finding the right strategy or technique that works for you. Take a look at our self help tools later in this pack, or [Anna Freud's list](#) of self-care techniques. You can also try apps like [Finch](#).

Talk to someone – Talking to a friend or trusted adult can be a great start to dealing with difficult emotions. Sometimes we don’t feel ready to share with those around us, and it’s helpful to reach out to a professional or other service. Try one of the following:

- [Kooth](#)
- [Childline](#)
- [Samaritans](#)
- [Papyrus](#)
- [Talk/Isle Listen](#)

Worried about someone else? If you are supporting someone with depression, take a look at this [advice sheet](#).

Are you really worried about something?

We can feel worry or anxiety in all sorts of situations, and it is a normal feeling when things are uncertain. It can help to motivate us, but sometimes it can feel overwhelming or make it hard to focus.

Helping with worry

Circle of Control – This tool can help us to understand what we can and can't control in life, and learn to focus our energy on those things that we can control, like our actions and reactions. This can really help when we feel overwhelmed. Watch this [video](#) to learn more.

Have a plan – When we have sorted our worries into things that we can or can't do something about, we can use a tool like the [Worry Tree](#) to help us come up with a plan to manage the worry.

Practice self-care – Self-care will look different for all of us. Finding the right strategy or technique that works for you, and including self-care in your schedule, helps our overall wellbeing, making it easier to deal with worries when they come along. Take a look at our self help tools later in this pack, or [Anna Freud's list](#) of self-care techniques.

Exam stress

Exams can be a particular pinch point when it comes to worry and stress. They can feel like a lot to deal with, but there are things that you can do to help.

During revision/build up to exams

- Have a clear schedule of what you are revising and when. Make sure this includes breaks.
- Make sure you include time for things that you enjoy.
- Keep your body healthy by eating well, drinking enough water, getting in some physical activity, and having a good sleep routine.
- Spend time with others, both to study so you can share ideas, and to do fun things to help you relax.

The day before/day of the exam

- Have everything you need prepared the night before.
- Get a good night sleep.
- Have breakfast.
- Try a breathing exercise or grounding technique before you go into the exam.

After the exam

- Don't spend too long comparing your answers with other people, or going over what you could have written. This is now out of your control.
- Take some time to relax before the next exam, or the next period of revision begins.

Remember, it is ok to ask for help. Speaking to teachers can help with specific subjects you might be finding hard, exam practice or study skills.

Helpful tools

- [Kooth](#)
- [Childline](#)
- [Samaritans](#)
- [Talk/Isle Listen](#)

Are you feeling panicked?

Panic is your body's alert system to help you respond to threats. Sometimes, this can become overwhelming and we might experience a panic attack.

Understanding panic

When we were early humans and had to deal with predators and unexpected threats, panic or anxiety was a way of alerting us to danger and helping our body to prepare to respond to these threats. This is our fight, flight, freeze response and even though the "threats" we face today might be really different, our body still has the same reaction. Watch this [video](#) to understand more.

Panic attacks

A panic attack is an exaggerated version of this threat response. When it happens, it can be frightening and confusing and can feel like:

- A thudding or racing heartbeat
- Rapid breathing or not able to catch your breath
- Feeling dizzy or lightheaded
- Feeling really hot and sweaty, or really cold and shivery
- Feeling sick
- Pain in your chest

The feeling might be overwhelming, but it is important to remember that this will pass. There are some things that you can try both during and after a panic attack to help.

- Think about your breathing – Focus on controlling your breaths, trying to slow them down. Counting or visualising waves rolling in and out can help with this.
- Ground yourself – Using grounding techniques helps us to connect to our body and our senses. Focus on the textures of your clothes, flavours you may be able to taste in your mouth or specific sounds in the world around you.
- Afterwards – A panic attack can be draining so make sure you take time to rest, drink some water or eat something. When you feel ready, talking to someone you trust can help you understand what happened and why.

Watch this [video](#) for more information.

Do you feel really angry?

Anger is a normal emotion to experience, but it can be really uncomfortable to deal with, and can make us lash out or act in unexpected ways.

Understanding anger

Anger is a normal emotion that everyone feels sometimes—it's your brain's way of reacting when something feels unfair, frustrating, or out of your control. It can arise for many different reasons, such as being stressed, having something go wrong or something bad happening to you. You might feel it when someone disrespects you, when plans fall apart, or even when you're just overwhelmed. It can show up as yelling, slamming doors, or just shutting down.

While anger isn't bad by itself, what really matters is how you handle it. If you let it take over, it can lead to fights, hurt feelings, or bad decisions. It is important to be able to recognise when we feel angry, so that we can manage those emotions and understand our feelings better. Managing it in a healthy way means you stay in control, rather than letting the anger control you.

Helpful tools

- What is Anger [worksheet](#)
- When is Anger a Problem [worksheet](#)
- Anger Management [video](#)
- Anger Management [skill cards](#)
- Anger Iceberg [video](#) and [worksheet](#)
- Anger Thermometer [worksheet](#)

Are you worried about your eating habits?

Our diet and our mental health are closely linked. We need to eat to fuel our bodies and our brains, but sometimes what and how much we eat is impacted by our emotions, stresses and things we can't control.

Understanding eating disorders

Eating disorders affect how people feel about food, their bodies, and their health. They can involve eating too much or not enough, or being overly focused on weight and body image. But they aren't just about what's happening with food - they're often a way for people to try and cope with feelings or situations that are hard to deal with like stress, pressure, or low self-esteem, but there isn't one single cause. They can affect anyone, no matter their age, gender, or background, and can look different for each person.

There are some specific types of eating disorder, but if you are worried about your eating, you don't have to have a label or a diagnosis to get help – the sooner someone accesses support, the better for managing any issue. Learn more [here](#).

Helpful tools

Be kind to your body – Don't punish yourself. We all have ups and downs and our progress is not always linear. Instead, focus on looking after your body and challenge negative thinking.

Create healthy habits – Try having a regular schedule of balanced meals during the day, even if the portions are small to start with. Avoid putting too many restrictions on yourself and worrying about what is "good" or "bad".

Don't overexercise – Make sure that physical activity is for fun, not for punishment. Exercise can improve your mood and mental health. But it's important to focus on activities you enjoy, like walking, dancing, or playing sports, rather than doing it to burn calories.

Talk to someone you trust - Sometimes just opening up to a friend, family member, or someone else you trust can make a big difference. They can support you and help you find the right resources.

Get professional help – Your school nurse, GP or a therapist might be able to give you some support.

- [Beat online chat](#)
- [Kooth](#)
- [Childline](#)
- [Talk/Isle Listen](#)
- [Manx Eating Disorder Support](#)

Do you worry about how you look?

Body image is how you think and feel about your body, both when you are looking in the mirror, but also when you think about your body in general.

Understanding body image

Your body image and mental health are closely linked. If you have a negative body image, you might feel bad about yourself, which can lead to feelings of anxiety, depression, or stress. You might start to avoid certain activities or social situations because you're worried about how others will see you. When we struggle with body image issues, this can also lead to unhealthy habits, like extreme dieting, over-exercising, or even developing eating disorders, all of which can affect our mental health.

Body image can be impacted by things we see on social media, or in films or on TV, as well as peer pressure. Sometimes, we focus on certain parts of our bodies — like how tall we are, how much we weigh, or what our skin looks like. It's normal to want to look good or to compare ourselves to others, but it's important to remember that your body is unique to you, and there's no "perfect" body.

If you have a positive body image, you're more likely to feel good about yourself, take care of your body, and enjoy life without worrying so much about how you look. You recognise that your body does amazing things and doesn't need to look like anyone else's to be valuable.

Helpful tools

Challenge negative thinking - Whenever you start thinking negatively about your body, try to stop and remind yourself of the things you like about yourself, both inside and out.

Be mindful of social media - Remember that what you see online isn't always real. Social media often shows a "highlight reel," not the full story, and people's lives (and bodies) are much more than just their appearance.

Focus on what your body can do - Instead of just focusing on how your body looks, think about the amazing things your body allows you to do — like playing sports, dancing, or simply moving through your day.

Surround yourself with positivity - Spend time with people who make you feel good about yourself and avoid those who make you feel bad.

Be kind to yourself - Remember, nobody's perfect. We all have things we like and dislike about ourselves, but being kind to yourself is key to building a better body image and stronger mental health.

Other resources

- [Kooth](#)
- [Childline](#)
- [Talk/Isle Listen](#)

Do you feel lonely?

It's completely normal to feel lonely sometimes. It can be a sense of not being understood, not fitting in, or not having close connections.

Understanding loneliness

Everyone can feel lonely at different points in their life. It's not just about being physically alone — you can feel lonely even when you're surrounded by people. It could happen when you're in a new place, going through a tough time, or simply when you don't feel like you belong.

Loneliness can affect both your mental and physical health. It can make you feel sad, anxious, or down, and over time it can lead to things like depression or low self-esteem. It can also make it harder to focus at school or on things you enjoy doing. Sometimes, when people feel lonely, they start to isolate themselves even more, which can create a cycle that's hard to break. The more you pull away, the lonelier you may feel.

Loneliness is something that everyone feels at some point, even though it might seem like you're the only one going through it. Reaching out for help, making new connections, and practicing kindness toward yourself can make a big difference.

Read more from [Mind](#)

Helpful tools

- [Young Minds](#)
- [CALM](#)
- [Kooth](#)
- [Childline](#)
- [Samaritans](#)
- [Talk/Isle Listen](#)

Are you being bullied

Bullying takes many forms and can have a big impact on our mental health and wellbeing.

Understanding bullying

Bullying can take many forms, and all of them can have a serious impact on our mental health. It isn't just physical—like hitting or pushing—but can also be verbal, such as insults, name-calling, or threats. Social bullying is when someone is deliberately excluded, gossiped about, or embarrassed in front of others. Then there's cyberbullying, which happens online through messages, posts, or social media, and can feel impossible to escape. No matter the type, bullying can lead to anxiety, depression, and low self-esteem. If you're experiencing bullying, it's important to reach out—talk to someone you trust, like a teacher, family member or friend. And if you see someone else being bullied, speaking up or offering support can help more than you realise.

Helpful tools

- Staying safe online
 - [CEOP](#)
 - [Childline](#)
 - [Kidscape](#)
- [Bounce Back](#)
- [Kooth](#)
- [Childline](#)
- [Samaritans](#)
- [Talk/Isle Listen](#)

Has someone close to you died?

When someone dies we can experience all sorts of different emotions. There is no right way to feel, and it's ok to have mixed emotions or reactions.

Helpful tools

There is no right or wrong way to grieve. Everyone experiences grief differently and what is important is to know what works best for you.

Give yourself time – Grief doesn't have a set timetable. Feelings might come and go, and they don't always make sense, but that's okay. As time goes by, your feelings might be less intense, but it doesn't mean you're 'over' the loss. Grief can sneak up on you—like during holidays, anniversaries, or when something reminds you of that person. Just be kind to yourself.

Express your feelings – Talking to someone can be hugely helpful, but if you don't feel able to do this, you can also write about or draw how you are feeling.

Practice self care - Self-care will look different for all of us. It's about finding the right strategy or technique that works for you. Take a look at our self help tools later in this pack, or [Anna Freud's list](#) of self-care techniques.

Get support – There are people around you who want to help and support you. This could be a friend or family member, or anyone you trust. There are also local services that can help.

- [Cruse](#)
- [Hospice](#)
- [Kooth](#)
- [Childline](#)
- [Talk/Isle Listen](#)

Are you a young carer

Taking care of someone else, even someone we love, can be tough. It's important that you are also making sure you are looking after your own wellbeing.

Getting support

It can be hard to care for someone else while trying to find the time to go to school, take part in clubs and spend time with your friends. Being a young carer can cause stress and low mood, as well as lead to feelings of loneliness. There are services available for you to talk to and get help from.

Online support

- [NHS advice](#)
- [Sense](#)
- [Young Minds](#)
- [Sidekick](#)
- [Kooth](#)
- [Childline](#)

Local services

- [Crossroads](#)
- [Citizen's Advice Bureau](#)
- [IOM Government Carers' Strategy](#)
- [IOM Government Carers' Charter](#)
- [Talk/Isle Listen](#)

Are you worried about gambling

Gambling can be both a cause of worry and poor mental health and used as a way of escaping from difficult feelings, although it can often make these feelings worse.

Understanding the impact

Gambling could be anything from playing the lottery, betting on sports, or even using online gaming platforms. Many people don't realise that gambling isn't just about casinos or betting shops, it can also happen in video games, online betting sites, or even on apps that encourage in-game purchases.

Gambling can seem like a harmless way to have fun, but for some people it can become an addiction. This means that instead of having control over it, the gambling starts to control them. A 2023 study found that 26% of 11-17 years olds had spent their own money on gambling in the last year, with 0.7 percent of this age group identified as problem gamblers and 1.5% as at risk.

Gambling doesn't just impact your wallet, it can also affect your wellbeing:

- Stress and anxiety - Losing money can cause a lot of stress. Worrying about how to pay it back or how you're going to get out of a bad situation can feel overwhelming and lead to anxiety.
- Depression - The emotional toll of losing money or getting caught in a cycle of gambling can leave you feeling down, hopeless, or helpless. You might start to feel like you're trapped in a situation with no way out.
- Isolation - If you start gambling secretly or feel embarrassed about it, you might start withdrawing from friends and family. This isolation can make you feel even worse and cut off from the support you need.
- Low self-esteem - Constantly losing or feeling out of control with gambling can cause your confidence to drop. You might start to think you're not good enough or that nothing ever goes right for you.

Helpful tools

Gambling can be fun when done responsibly, but it's important to know the risks and what your limits are. Always remember:

- Set a limit on how much time or money you'll spend.
- Never gamble when you're feeling upset or stressed.
- Take breaks and give yourself time away from gambling.
- Avoid gambling with money or items that you can't afford to lose.
- If gambling is becoming an issue, don't wait. Talk to someone and get some support.

Other resources

- [YP@Motiv8](#)
- [GamCare](#)
- [Big Deal](#)
- [Kooth](#)
- [Childline](#)
- [Talk/Isle Listen](#)

Are you worried about drugs or alcohol?

Some people use drugs and alcohol responsibly and safely, but for many they can become an unhealthy coping tool, making situations harder in the long run.

Understanding the impact

People choose to use drugs and alcohol for different reasons. Some might use them to feel more confident, escape tough situations, or fit in with friends. But what might seem like a quick fix can lead to problems in the long run, like affecting your health, relationships, and even your future goals.

Using drugs and alcohol can have serious risks, especially for teenagers. These can include:

- Health problems - Drugs and alcohol can cause serious health problems by affecting your brain and body. They can disrupt normal brain development, impairing memory, decision-making, and concentration, which can make learning and schoolwork harder. Long-term use can damage vital organs like the liver and heart, and weaken the immune system, making it harder to fight off illnesses.
- Addiction - Some substances can be addictive, meaning you might feel the need to keep using them, even if you don't want to, and lead to risky decision making if you can't easily get hold of them.
- Mental health issues - Substance use can lead to feelings of anxiety, depression, or mood swings. They can also make it harder to cope with stress or negative emotions, potentially worsening existing mental health problems.
- Legal consequences - Possessing, using, or supplying certain substances is illegal and can lead to criminal charges.

Helpful tools

Tips for staying safe:

Set boundaries – Peer pressure can lead you to do things that you aren't comfortable with. Surround yourself with people who respect your choices.

Know your limits - If you do choose to drink alcohol or try drugs, know your limits and be aware of the impact on your body and mind.

Stay in control - Always stay with people you trust, and make sure you have a plan to get home safely. Don't accept drinks or substances from strangers.

Look out for your friends - If you see a friend who is struggling or using drugs or alcohol in a risky way, talk to them about it. They might be too scared or embarrassed to reach out themselves.

Other resources

- [YP@Motiv8](#)
- [Talk to Frank](#)
- [Young Minds](#)
- [Kooth](#)
- [Childline](#)
- [Talk/Isle Listen](#)

Are you a young parent or about to become one?

If you or your partner is pregnant, or if you are a young parent and looking for some support, there are lots of resources available in the local community that can help you.

Getting support

- [Manx Integrated Sexual Health Centre \(MISH\)](#)
- [Termination advice](#)
- [Self-referral to Antenatal service](#)
- [Maternal Mental Health](#)
- [Mental Health and Wellbeing for Mothers](#)
- [Mental Health and Wellbeing for Fathers](#)
- [Family Action](#)
- [Early Help and Support \(EHAS\)](#)
- [The Childrens Centre Parenting Support Programmes](#)
- [Kooth](#)
- [Childline](#)
- [Talk/Isle Listen](#)

Have you seen something upsetting online?

We can access news, videos and social content at the touch of a button, but sometimes what we see can confuse or upset us.

Looking after your mental health online

We spend a lot of our time online, either on social media, gaming, reading news or watching entertainment. Not everything that we see is going to be safe, positive or appropriate, and it is normal that we might be upset, confused, or scared about things we see. Upsetting content could include:

- Bullying or hate speech
- Harmful or risky behaviour
- Violence or disturbing imagery
- Misinformation or manipulative content

When we see something that doesn't sit right, it's ok to take a step back and process our emotional reaction. It can be helpful to talk about what we have seen with someone or, where appropriate, do some research to understand if what we have read or seen is true or to better understand the context. We might also choose to block accounts or individuals that have shared the content, and we need to think carefully about what we choose to share or repost.

Some great tips for looking after our mental health:

- Remember not everything we see online is a reflection of the truth.
- Follow social accounts that promote positive feelings.
- Use privacy settings to manage what content you see, and who sees what you share.
- Delete apps that have a negative impact on your mental health.
- Take breaks from using devices to connect with your environment and the people around you. Use apps that help you manage screen time.
- Switch notifications off or use "do not disturb" to give yourself time without being interrupted.

Helpful tools

What to do if you see something distressing

- [BBC Teach](#)
- [Childline](#)
- [Ofcom](#)
- [Best For You](#)

Social media platforms

- [How do I stay safe on Snapchat?](#)
- [TikTok Safety Tips](#)
- [Instagram Safety Tips](#)
- [Reporting tools & policies for YouTube](#)
- [Safety & Civility at Roblox](#)

Other resources

- [Victim Support IOM](#)
- [Supporting a Child when they have seen something upsetting online](#)
- [Kooth](#)
- [Childline](#)
- [Talk/Isle Listen](#)

Are you not sure where or how to ask for help?

When we are going through something, we might know that we want to access help, but we don't know where to go, or how to ask.

Starting the conversation

Talking about how we feel can be hard at times, particularly when we want to open up about something that feels intense. Here is some advice for starting the conversation.

Make a plan - It can be helpful to have a plan of what you want to say. Think about the thoughts you have been experiencing, the feelings you have had, and any behaviours that have come from these. Think about what you would like to change about your situation. A tool like Doc Ready Doc Ready can help you start building a list. You can write all of these things down, or record them in a voice note, so you can then read/listen to them back. And remember, you don't have to share everything at once, you can build up step by step – be patient with yourself.

Choose the right person – You have the choice about who you talk to about your mental health. This could be anyone that you trust to listen without judgement. This could be a friend, family member, a member of school staff, or someone in your community you trust. Sometimes starting with a professional can feel less intimidating because they are trained to help.

Understand reactions – When you start talking to someone, they might not understand exactly what you are going through straight away. This doesn't mean they don't care, it just means they might need some time to process, or might want to ask some questions to better understand.

Ask for what you need – You might know that you are looking for advice or guidance when you open up, or you might just be looking for someone to listen without giving suggestions. Or you might not be sure what you want. It's ok to tell people what you need, or don't need.

Where to go for more support

Talking to friends and family is really important, but sometimes we might need to get some more specialist support.

- Your School
- Your GP

- Online services
 - [Kooth](#)
 - [Childline](#)
 - [Samaritans](#)
 - [Papyrus](#)

- Local services
 - Crisis support - 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.
 - [Talk/Isle Listen](#)
 - [Community Wellbeing Service](#)
 - [The Children's Centre](#)
 - [Crossroads](#)
 - [Cruse Isle of Man](#)
 - [Hospice Isle of Man](#)
 - [YP @ Motiv8](#)
 - [Relate Ltd Isle of Man](#)
 - [Victim Support IOM](#)

Are you getting enough sleep?

Getting enough sleep is crucial for both your emotional and physical health. When you sleep well, your body has time to heal, and your brain can process emotions, helping you be more resilient.

Why sleep is important

Mental health - When you don't get enough sleep, your brain doesn't get the chance to rest, process what has happened during the day, and make new memories. This can make it harder to focus, remember things, and think clearly. Ever notice how you're extra moody or stressed when you're tired? That's because lack of sleep can impact your ability to regulate emotions, making it easier to feel anxious, sad, or angry.

Physical health - Sleep helps your body heal and grow. When you sleep, your muscles recover, and your immune system gets a boost, so you don't get sick as easily. Your body also uses that time to balance out hormones, like the ones that control hunger, so you're less likely to feel hungry all the time or crave junk food.

Energy levels - Sleep recharges our batteries. It helps you stay active, do well in sports, and stay alert.

Better performance - Whether it's school, sports, or other activities, sleep can help you perform better. You need sleep for your brain to process and store what you've learned, which is why studying or practicing before a good night's sleep works better than cramming all night.

Watch this [video](#) for more information.

Tips for better sleep

Teenagers should be aiming for 8-10 hours of good quality sleep each night, or 9-11 hours if you are in primary school. We might all have time when we have lots going on, and it is harder to fall asleep, but getting into a healthy routine can really help.

Stick to a routine - Try to go to bed and wake up at the same time every day, even on weekends. This helps regulate your internal clock, making it easier to fall asleep and wake up feeling refreshed.

Limit screen time - The blue light from phones, tablets, and computers can mess with your sleep by interfering with melatonin, the hormone that helps you fall asleep. Try to avoid screens at least an hour before bed.

Create a relaxing bedtime routine - Doing calming activities before bed like reading a book, listening to soothing music, or doing some light stretching can help signal to your body that it's time to wind down.

Be active during the day - Regular physical activity can help you sleep better at night. Just make sure you're not exercising too close to bedtime because it might make you feel too energized.

Make your room comfortable - A cool, quiet, and dark environment is ideal for sleeping. If possible, remove distractions like loud noises, bright lights, or anything else that might keep you awake.

Watch what you eat and drink - Eating a big meal or drinking too much before bed can make it harder to fall asleep. If you're hungry before bed, try a light snack like a banana or some nuts. Avoid caffeinated drinks in the afternoon or evening. Sugar can also give you a burst of energy that could make it harder to fall asleep.

Manage stress - If you're feeling stressed or anxious, it can be harder to fall asleep. Finding ways to relax and manage stress, like journaling, deep breathing, or talking to someone you trust, can make a big difference.

Get out in the sun - Getting sunlight during the day helps regulate your sleep-wake cycle. Try to spend some time outside in the morning or afternoon, especially if you're feeling tired during the day.

Don't nap too long - If you need to nap during the day, try to keep it under 30 minutes and not too close to bedtime. Long naps can interfere with your ability to fall asleep at night.

Do you know how your brain works?

Our brains are incredibly complex and amazing things that control everything we do. When we are young, our brain is growing and developing in all sorts of important ways and understanding this can help us to understand our behaviours.

Understanding the brain

Your brain is like a supercomputer - It controls everything you do - thinking, feeling, moving, and more. The brain has 86 billion neurons that act like circuits, sending messages through electrical signals, and like a computer it processes data it receives from other parts of your body, making quick decisions. It also stores memories and knowledge in a way that you can access and use when you need to, and can "reprogram" itself, adapting to new skills and experiences. Your brain also needs power (although not quite as much as a computer!), using about 20% of our energy each day.

Different parts do different jobs - The brain has different regions responsible for various functions. Your prefrontal cortex helps with logical thinking and decision making, while your amygdala is a big part of emotional response and memory. There are also specific areas that deal with key functions including body movement, understanding and interpreting the world around you and forming sentences. Watch this [video](#) for more information.

Neuroplasticity - Your brain is always changing and growing, especially during your teen years. Every time you learn something new, your brain forms new connections, which then helps you develop and remember skills. A teenage brain is still maturing, which might impact rational decision making or risky behaviour, but this doesn't mean teens can't make good decisions, it just means this part of the brain is evolving.

Sleep is essential - Sleep helps your brain recharge, form memories, and process emotions. You should be aiming for 8-10 hours each night. When you don't get enough sleep, your brain doesn't get the chance to rest, process what has happened during the day, and make new memories. This can make it harder to focus, remember things, and think clearly. Read our page on sleep for more tips.

Healthy habits support brain health - Eating a balanced diet, exercising, having quality social interactions and getting good sleep are all important to help keep your brain healthy. It's also important to understand your stress levels and how stress can impact your memory and focus.

Do you know what is in your community?

Being part of a community is really important for our mental health. Feeling safe and supported allows us to thrive, as well as fostering collaboration and creativity.

Community organisations

Whatever interests you, there are clubs out there that you can get involved in!

- [Army Cadets](#)
- [Air Cadets](#)
- [Isle of Man Chess Club](#)
- [Code Club](#)
- [Isle Of Man Cricket Association](#)
- [Manx Fell Runners](#)
- [Isle of Man Football Association](#)
- [Girlguiding Isle of Man](#)
- [Manx Hockey Association](#)
- [Isle of Play](#)
- [Kensington Arts](#)
- [Manx Harriers](#)
- [Isle of Man Netball](#)
- [Manx Youth Orchestra](#)
- [Orienteering Klubb](#)
- [Rugby](#)
- [Manx Scouts](#)
- [Sea Cadets](#)
- [Soundcheck](#)
- [St John Ambulance](#)
- [Isle of Man Youth Service](#)
- [Youth Motor Project](#)

Have you ever tried mindfulness?

Mindfulness is all about focusing our attention on the present moment, with acceptance and without judgement. There are lots of tools that can help us be mindful.

By being mindful for just a few minutes every day you can learn to calm and control your emotions.

- [How mindfulness can help video](#)
- [Body scan, breathing and visualisation](#)
- [Heartbeat activity](#)
- [Grounding Exercise for Racing Minds](#)
- [5, 4, 3, 2, 1 exercise](#)
- [Breathing exercise](#)
- [10 minute meditation](#)

Mindfulness apps

- [Buddhify](#)
- [Calm](#)
- [Headspace](#)
- [Smiling Mind](#)