

There are many local charities, third sector organisations and Government agencies who can support you.

### Crisis intervention

- If someone's life is at risk call 999 or go to Noble's ED now.
- If you are concerned about significant deterioration in someone's mental health or that they are at risk of harming themselves or other people, call:
  - CAMHS - 01624 642875 (for under 18s, open Mon-Fri, 9am-5pm)
  - Crisis Team - 01624 642860 (for over 18s, or outside of CAMHS hours)

### Our services



Isle Listen provides mental health education, training and early intervention services in schools and across the community.

01624 679118 | [info@islelisten.im](mailto:info@islelisten.im) | [islelisten.im](http://islelisten.im)



Talk is a single point of access for anyone seeking mental health support for someone under 18. Talk also provides therapeutic support, and advice and signposting.

01624 679544 | [talk@islelisten.im](mailto:talk@islelisten.im) | [talk.islelisten.im](http://talk.islelisten.im)



Minds Matter provides psychological support for those who are impacted by cancer or other life-changing illnesses.

01624 679118 | [info@mindsmatter.org.im](mailto:info@mindsmatter.org.im) | [mindsmatter.org.im](http://mindsmatter.org.im)

### Government services

- Community Wellbeing Service      Counselling and Therapies, Ballakermeen Road, Douglas  
01624 642540 | Self-referral via website
- Drug and Alcohol Team              Reayrt Noa, Noble's Hospital | 01624 617889
- Early Help and Support (EHaS)      Murray House, Douglas 01624 686091 | [gov.im/ehas](http://gov.im/ehas)
- Wellbeing Partnerships              North 01624 686432 | [northernwellbeingpartnership@gov.im](mailto:northernwellbeingpartnership@gov.im)  
South 01624 686109 | [southernwellbeingpartnership@gov.im](mailto:southernwellbeingpartnership@gov.im)  
East 01624 686207 | [easternwellbeingpartnership@gov.im](mailto:easternwellbeingpartnership@gov.im)  
West 01624 685846 | [westernwellbeingpartnership@gov.im](mailto:westernwellbeingpartnership@gov.im)

## Community services

- Autism in Mann A parent support group run by families affected by autism [autisminmann@manx.net](mailto:autisminmann@manx.net)
- The Children's Centre Services for children and families to develop brighter futures 01624 800000 [info@thechildrenscentre.org.im](mailto:info@thechildrenscentre.org.im)
- Citizens' Advice Service Free, impartial advice with problems including housing, benefits and employment issues Douglas 07624 366338 Ramsey 01624 813466 Southern 01624 833976
- Crossroads Support for carers and people with care needs 01624 673103 [info@crossroadsiom.org](mailto:info@crossroadsiom.org)
- Cruse Bereavement Support Provides advice, information and support for bereaved people 01624 668191 [info@cruse.org.im](mailto:info@cruse.org.im)
- Ed's Space Peer support groups for people to connect [info@edspace.im](mailto:info@edspace.im)
- Hospice Psychological support and other services for those with life limiting conditions 01624 647400 [admin@hospice.org.im](mailto:admin@hospice.org.im)
- Housing Matters Advice, guidance and support for those in housing crisis 01624 675507 [info@housingmatters.im](mailto:info@housingmatters.im)
- Motiv8 Specialists in addictive behaviours such as alcohol or drug abuse and gambling 01624 627656 [contact@motiv8.im](mailto:contact@motiv8.im)
- Relate Relationship support and counselling 01624 623902 [relate@mcb.net](mailto:relate@mcb.net)
- Salvation Army Practical support and services including a free Debt Advice service 01624 627742 01624 675702 (Debt service) [isleofman@salvationarmy.org.uk](mailto:isleofman@salvationarmy.org.uk)
- Victim Support Confidential support for victims and witnesses of crime 01624 679950 [enquiries@victimsupport.im](mailto:enquiries@victimsupport.im)

## Online / Phonelines

- Samaritans 116 123 [samaritans.org](http://samaritans.org) (Online chat)
- Isle Stand Up to Suicide 01624 803040
- Kooth [kooth.com](http://kooth.com) (Online e-counselling for 11-17 year olds)
- Qwell [qwell.io](http://qwell.io) (Online support for adults)
- Childline 0800 1111 [childline.org.uk](http://childline.org.uk) (Online chat)