

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](#)