

#MentalHealthAwarenessWeek

islelisten.im/MHAW

It's time to take

ACTION

for mental health



ISLE LISTEN

Because Minds Matter

Isle Listen's Take Action Campaign

8th - 22nd May 2026



Mental Health Awareness Week

11th - 17th May 2026

Who are Isle Listen?

Isle Listen is a charitable initiative, working closely with schools and in our community to support our Island's young people with their mental health.

Our aim is to equip children and young people with the tools to understand, express and manage their mental and emotional health, helping them feel safe and supported within their environments.

As demand for mental health support continues to grow, our work is more important than ever - and your support plays a vital role in making that possible.



Our education impact

2025/26 Academic year so far



8,397

children & young people
interacted with across primary
and secondary settings

(Between September and Easter)



889

primary school sessions
delivered to **4,063 primary**
pupils

(Between September and Easter)



215

secondary school sessions
delivered to **4,334 secondary**
students

(Between September and Easter)



362

local & international delegates
trained on one of our mental
health training courses

(Between September and Easter)



2,416

children and young people
reached in Children's Mental
Health Week 2026

(9th - 15th February 2026, in addition
to existing sessions)



176

hours of 1-1 coaching
delivered through Enable
Potential

(as part of the Making Work
Worthwhile initiative)

Take **ACTION** this May

Mental Health Awareness Week is a national campaign dedicated to raising awareness and encouraging action around mental wellbeing.

It provides an opportunity for individuals, organisations and communities to come together and take positive steps to support themselves and others.

Each year focuses on a specific theme, and this year's is **ACTION**

From 8th May to 22nd May, we're encouraging individuals, teams, workplaces, and schools to take part in activities that support both mental and physical wellbeing - raising awareness of the support available and generating vital funds to help us continue our work with young people.

Because when it comes to mental health:

Small actions can make a big difference.



The Step Challenge

At the centre of our Take Action campaign is the **Step Challenge**, a two week initiative designed to get people active and outdoors, regardless of fitness level or routine.

Participants commit to working towards a daily step goal of 10,000 steps, logging their progress on our online leaderboard.

Head over to our website to find out more and **sign up from 4th May** :

<https://www.islelisten.im/mhaw/>

Move your way

This challenge is built to fit around real life.

As well as steps, participants can log: running, team sports, swimming, and much more.

Stronger Together

Get your team involved and motivate each other to get active.

Because taking action together makes it easier to keep going.

Turn Steps into Support

Thanks to the generous support of the Z Zurich Foundation, every step taken supports our work with the island's young people and children.



How you can take **ACTION**

Alongside the Step Challenge, participants are encouraged to raise funds for Isle Listen. Whether through individual sponsorship, team fundraising, or workplace/school initiatives, every contribution helps us continue delivering vital mental health support across the island.

Ways for your workplace to get involved:

- Organising internal initiatives such as bake sales or wear green day
- Creating team fundraising targets or friendly competitions
- Matching employee fundraising to increase impact
- Hosting small events alongside the Step Challenge

Ways for your school to get involved:

- Sponsored walks and step/lap/timed challenges
- Small school led fundraising events
- Encouraging pupils to get involved with support from families

To maximise the impact for young people, **funds raised by your school will be evenly split between Isle Listen and the school**, supporting both wider services and your own school community.



Wear Green day!

As part of Mental Health Awareness Week, we're inviting the island to come together for Wear Green Day—a simple, visible way to show support for mental health.

Taking place on **Thursday 14th May**, Wear Green Day encourages individuals, workplaces, and schools to wear something green and spark conversations around mental wellbeing.

Send your photos over to getinvolved@islelisten.im, or tag us on socials.

We'd love to see how you get involved!



May is all about mental health & it's time to take

ACTION

Ways we can support you

We want taking part in our Take Action campaign to feel straightforward, meaningful and enjoyable.

Our fundraising team can provide guidance to help you get set up, engage your teams, and make the most of the campaign. From understanding how the Step Challenge works to keeping motivation high across the two weeks, we're here to support you throughout.

During the two weeks, our schools team will be out engaging with students from across the island at Crucial Crew, and delivering assemblies to some of the islands primary school children.

We'd love to hear what you get up been up to so we can share it across our social media channels and website.

Downloadable Resources

To support your involvement, we can provide a range of ready to use materials, including:

- Printable posters
- Social media graphics
- Email signatures

To download, head over to:
www.islelisten.im/mhaw/



How is Isle Listen taking **ACTION** ?

During Mental Health Awareness Week, and our wider two week campaign, Isle Listen have a number of ways we're taking action and getting our island community involved.

Sign up for an event via our website: www.islelisten.im/events/

Mindful Morning, sponsored by Ramsey Crookall -
Sunday 10th May 2026

To kick off the official Mental Health Awareness week, join us for a morning stretch and sea dip at Port Erin Beach.



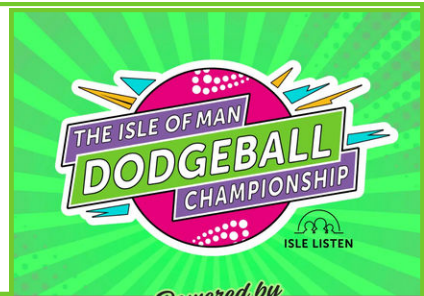
Guided lunchtime walks - various dates and locations during Mental Health Awareness Week

To support participants taking on the Step Challenge, we'll be hosting short lunchtime walks. Follow our Facebook for more information.



The Isle of Man Dodgeball Championship, sponsored by Flutter - Friday 22nd May 2026

Back for it's second year, the Isle of Man Dodgeball Championship invites teams to battle it out for the winners trophy. Are you in it to win in? or just for fun?



Early-bird sign up for Tough Mucka 2026, supported by Conister Bank

Tough Mucka 2026 launches 29th April, with early bird registrations open throughout our Take Action campaign.



Ready to Take **ACTION** ?

Head over to our website, and follow us on socials to find out how you can take action this May.

**www.islelisten.im/mhaw/
[@islelisten](https://www.instagram.com/islelisten)**

If you have any questions, please contact us by email at getinvolved@islelisten.im, or call 679118

With your involvement, Isle Listen can continue to support our Island's young people to look after their mental health.