

Unfortunately, there will be occasions where we are unable to assist with certain mental health problems, or where more specialist support is needed.

There are many local charities, other third sector organisations and Government departments who may be better-placed to help you and we have set out in this leaflet some of those alternative organisations who might be able to help.

**!** **Minds Matter and Isle Listen are not crisis services and only offer planned interventions. 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.**

### ***Isle Listen***

*Early intervention mental health & wellbeing support for young people under 25.*  
01624 679118 | [info@islelisten.im](mailto:info@islelisten.im) | [islelisten.im](https://islelisten.im)

### ***Minds Matter***

*Formerly known as Manx Cancer Help, psychological support for anyone affected by life-changing illnesses.*

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

# Community support services

## Cruse Bereavement Care

*Promotes the wellbeing of bereaved people and to enable anyone bereaved by death to understand their grief and cope with their loss.*

01624 668191 | [info@cruseisleofman.org](mailto:info@cruseisleofman.org)

[cruseisleofman.org](http://cruseisleofman.org)

## Hospice Psychological Support

*Psychological support around coming to terms with a serious illness.*

01624 647400 | [admin@hospice.org.im](mailto:admin@hospice.org.im)

[hospice.org.im](http://hospice.org.im)

## Motiv8

*Specialists in addictive behaviours such as alcohol or drug abuse and problem gambling.*

01624 627656 / 07624 426400

01624 622011 (Gambling & Gaming Support)

[contact@motiv8.im](mailto:contact@motiv8.im) | [motiv8.im](http://motiv8.im)

## NSPCC

*Protecting children from abuse and supporting families.*

0808 8005000 (Adults concerned re a child)

0800 1111 Childline

(Support for children and young people)

[nspcc.org.uk](http://nspcc.org.uk)

## Relate

*Provides relationship support which includes counselling for couples, families, young people and individuals and sex therapy.*

01624 623902 | [relate@mcb.net](mailto:relate@mcb.net)

## Silver Line

*A free service for older people offering friendship, conversation, and support, especially for those who may be experiencing feelings of loneliness and isolation.*

0800 470 8090 (24 hrs) | [thesilverline.org.uk](http://thesilverline.org.uk)

## The Children's Centre

*Community initiatives and services aimed at enabling children, young people, and families to realise their full potential.*

01624 800000

[info@thechildrenscentre.org.im](mailto:info@thechildrenscentre.org.im)

[thechildrenscentre.org.im](http://thechildrenscentre.org.im)

## Victim Support

*Emotional support for victims of offences including physical or sexual assault, theft, and criminal damage. They also support the families of people involved in fatal road collisions.*

01624 679950 | [enquiries@victimsupport.im](mailto:enquiries@victimsupport.im)

[victimsupport.im](http://victimsupport.im)

## Crossroads

*Crossroads is an Isle of Man based charity that provides support to carers and people with car needs no matter their disability, age or illness.*

07624 673103 | [info@crossroadsiom.org](mailto:info@crossroadsiom.org)

[crossroadsiom.org](http://crossroadsiom.org)

## Women's Refuge

*Offers a safe place for women threatened by physical, emotional or sexual violence in the home.*

01624 677900

[womensrefuge3.iom@gmail.com](mailto:womensrefuge3.iom@gmail.com)

[womensrefuge.im](http://womensrefuge.im)

## YoungMinds

*Helpline for parents and carers concerned about their child's (up to 25) mental health.*

0808 8025544 (Parents Helpline)

[youngminds.org.uk](http://youngminds.org.uk)

## Samaritans

*Support line available 24/7, before, during and after a crisis. Whether it's an "are you ok?" at just the right moment, or the midnight support of a trained volunteer.*

Online chat and self-help app

116123 (24 hrs) | [samaritans.org](http://samaritans.org)

## Government services

- **Child and Adolescent Mental Health Service (CAMHS)**  
01624 642875  
Noble's Hospital  
**Referral is via the school nurse or GP**
- **Community Mental Health Service for Adults**  
Community Health Centre,  
Westmoreland Road, Douglas  
**Referral via GP**
- **Community Wellbeing Service**  
01624 642540 | gov.im  
Counselling and Therapies,  
Ballakermeen Road, Douglas  
**Self-referral**
- **Crisis Response Home Treatment Team**  
01624 642860  
Manannan Court, Noble's  
Hospital, Douglas  
**Available 24/7**
- **Drug and Alcohol Team**  
01624 617889  
Reayrt Noa, Noble's Hospital,  
Douglas
- **Early Help and Support (EHaS)**  
01624 686091

## Supporting your wellbeing online

### Anna Freud Centre

*Providing advice and support for children, young people and families.*

[annafreud.org](http://annafreud.org)

### Beat

*UK eating disorder charity, aiming to end the pain and suffering caused by eating disorders.*

[beateatingdisorders.org.uk](http://beateatingdisorders.org.uk)

### Childline

*Provides 24/7 counselling service online, in addition to the phone helpline, and has a range of other online resources.*

[childline.org.uk](http://childline.org.uk)

### Kooth

*Free online e-counselling service for children aged 11 to 17.*

[kooth.com](http://kooth.com) (sign up required)

### Qwell

*Free online mental health support for adults, provided through a messaging service, peer forums and therapeutic content.*

[qwell.io](http://qwell.io) (sign up required)

### Ripple

*Interceptive tool designed to present a visual prompt when a person searches for harmful keywords or phrases relating to the topic of self-harm or suicide*

[ripplesuicideprevention.com](http://ripplesuicideprevention.com)

# Mental wellbeing apps

## **Breathing Zone**

*Guided breathing help.*

## **Bright Sky**

*Practical support and information on how to respond to domestic violence.*

## **Calm\***

*Aids sleep and meditation*

## **Calm Harm**

*Helps resist or manage the urge to self harm.*

## **Catch-it**

*Mood tracker.*

## **Clear Fear**

*Help children and young people to manage anxiety.*

## **Combined Minds**

*Help friends and families provide mental health support.*

## **Finch**

*Self care app aimed at younger age groups.*

## **Headspace\***

*Mindfulness and meditation.*

## **Insight timer**

*Mindfulness and meditation.*

## **Molehill Mountain**

*Self managing anxiety for those on the autistic spectrum.*

## **Move Mood**

*Help teenagers manage low mood and depression.*

## **Recovery Record**

*Eating disorder recovery record.*

## **Stay Alive**

*Suicide prevention resource.*

## **The Worry Tree**

*Help in managing worries and anxiety, based on CBT techniques.*

# Advice

## **Citizens Advice Service**

*Free impartial advice with problems including housing, benefits advice, relationship breakdowns and employment issues. Can also make Food Bank referrals.*

**Douglas - 07624 366338**

**Ramsey - 01624 813466**

**Southern - 01624 833976**

[citizensadvice.im](https://citizensadvice.im)

## **Debt Counselling**

*The Office of Fair Trade has a Debt Counselling service with fully trained staff who will discuss your problems and guide you through resolving them in complete confidence.*

**01624 686510 | [debt@gov.im](mailto:debt@gov.im)**

## **Housing Matters**

*Advice, guidance and support around housing matters to prevent, reduce and manage homelessness.*

**01624 675507 | [info@housingmatters.im](mailto:info@housingmatters.im)**

[housingmatters.im](https://housingmatters.im)

## **Salvation Army**

*The Salvation Army is motivated by Christian faith. They offer practical support and services to all who need them, such as community advice on debt, unemployment and isolation.*

[salvationarmy.org.uk](https://salvationarmy.org.uk)

**\* subscription required**