

Useful contacts if you are worried or need help.

Mental/Emotional Health		
Child and Adolescent Mental Health Team(CAMHS) Noble's Hospital, Braddan.	T:642875	Referrals to this service usually made through school, GP, school nurse.
Crisis Team	T:642860	If you are concerned your child is in immediate danger.
Childline	08001111	Telephone support for children and young people under 19. Also provides 1-2-1 counsellor chat option. Open 24hrs per day.
Isle Listen	T:697118 www.islelisten.im	Provides face to face listening support for young people around: <ul style="list-style-type: none"> • Exam worries • Friendship/relationship difficulties • Low level bullying concerns • Difficulties at home such as parental conflict • Low mood, low self-esteem. If you are under 16 then Isle Listen will contact parents to ask for their consent.
Kooth	www.kooth.com	Online confidential mental health support for young people aged 11-25yrs. Provides anonymous support via live counselling and self-help tools.
NSPCC	08001111 – 18 & under 0808 800 500 help@NSPCC.org.uk	
Samaritans	T:116123	Telephone support 24hrs per day
Young Minds	www.youngminds.or.uk	A mental health charity for children and young people. Their webpage offers advice and support.
Drug & addiction problems		
Motiv8	92a, Woodbourne Rd Douglas IM1 3LX T:627656 E:motiv8@iom.com W:motiv8.im	Support for young people and adults. Their own alcohol or drug use. Someone else's alcohol or drug use. Support for problem gamblers and their families.

		Young people affected by their own or parental drinking problems.
Drug & Alcohol Team	Reayrt Noa, Noble's Hospital Braddan T:617889	
Bereavement or serious illness in family		
Cruse Bereavement - CruzKids	T:668191 E:info@cruseisleofman.org	Bereavement support for children and young people under the age of 18.
Young Person's Support Service at Hospice	T:647448 E:admin@hospice.org.im W:hospice.org.im	Support for young people dealing with loss or serious illness
Service to support families.		
Manx Care (Department of Social Care)	Tel:686179	Advice and support for parents
EHAS	Tel: 686091 EarlyhelpandSupportreferrals.DHSC@gov.im	Advice & support for parents
The Children's Centre	www.thechildrenscentre.org.im Tel: 800000	Support and advice for parents, families, children and young people.
IOM Foodbank	Agricultural House, Ballafletcher Farm Rd, Douglas. IM4 4QE Tel: 646999 www.isleofmanfoodbank.wordpress.com	Times are hard – and getting harder. Sometimes it can be a struggle to put food on the table, especially when the unexpected happens. Isle of Man Foodbank was set up specifically to meet these sort of needs.
Manx Citizens ' Advice	Promenade Church, Loch Promenade, Douglas. IM1 2LY Tel: 366338 www.citizensadvice.im	Provides free , impartial confidential advice on issues such as; housing, benefits, relationship breakdown, referrals to the foodbank. No appointment necessary. Tuesday 12.30-3pm, Friday 10am-12.30pm.
Housing Matters	675507	Helps find homes for homeless, advice on issues around housing.
Women's Refuge/Aid	677900	Support for women and children suffering/have suffered DV

Other Services		
Bridge the Gap	T:801349 E:contact@btg.im W:bridgethegap.im	Provides support for teenagers and young adults with long term health needs.
Crossroads Young Carers	T:673102 E:info@crossroadsiom.org W:www.crossroadsiom.org	Provides support for young people under the age of 18 who helps look after someone in their family such as a parent or sibling, who has an illness, disability, mental health or addiction issues.
LGBTQ+	E:Leanne.Newbold@sch.im E:Tracey.Hones@sch.im	Information on local clubs and support groups.
The Proud Trust LGBTQ+	T:01616603347 W:www.theproudtrust.org	Supports LGBTQ+ young people through youth groups, peer support, mentoring programs. Available also via Facebook and Twitter
Relate	T:623902 E: relate@mcb.net	Provides support for young people experiencing issues at home with parental relationships, but also for young people experience problems at school or just feeling low.
Victim Support	T:679950 E:enquiries@victimsupport.im W:victimsupport.im	Provides emotional support for victims of physical and sexual assaults, families involved in fatal road collisions.
Online Safety		
	www.nspcc.or.uk/keepingchildrensafeonline	
	www.saferinternet.org.uk	Hotline for reporting abuse Guidance & resources for parents and carers and young people on how to keep safe online.
	www.nationalonlinesafety.com	This website has a section titled 'Guides' that gives free information on trending sites that children may access and what parents need to know about those sites.