



**Isle of Man  
Government**  
*Reiltys Ellan Vannin*



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**Community Wellbeing Service**  
***Resource Booklet***  
**2018/19**



**Department of Health and Social Care**

*Rheynn Slaynt as Kairail y Theay*



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## Local Resources:

Age Concern	01624 631740
Alcohol & Drug Service	01624 617889
Alcoholics Anonymous	01624 663676
Autism in Mann	07624 480167
Autism Initiatives	01624 814801
Breast Feeding Helpline	01624 670383
Brunswick Gardens	07624 497050
Citizens Advice Service (Douglas)	01624 626863
Citizens Advice Service (Onchan)	01624 674176
Citizens Advice Service (Port Erin)	01624 833976
Citizens Advice Service (Ramsey)	01624 813466
College Welfare	01624 648284
Crossroads	01624 328926
Cruse Bereavement Care	01624 668191
David Gray House	01624 662814
Debt Counsellor	01624 686520
Dept of Education	01624 685685
Down's Association IOM	01624 823243
Drugs Advice Service Helpline (DASH)	01624 615622
Education	01624 686058
Family Planning Service Manx	01624 613386
Friends of the Manx Diabetic Centre	01624 833928
Gate	01624 891009
Hospice Counsellors	01624 647449
Hospital (Switchboard)	01624 650000
Hospital (A&E)	01624 650040
Hospital (Childrens Ward)	01624 650023
Hyperactive Children's Support Group	01624 814113
Isle of Man Probation Service	01624 687323

## Self Harm

### Life Signs:

<https://www.lifesigns.org.uk>

Life Signs provide fantastic information about self-injury and while we never telling anyone to 'stop', they do support people as and when they choose to make changes in their lives. They have lots of excellent online self help tools.

### MIND Mental Health Charity:

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/#.WX7mgtKGPcs>

Mind provides a significant amount of knowledge relating to self harm. It uses real people and real examples to help illustrate the nature and complications of self harm. It looks at why people may self harm and provides information on how you can help yourself.

## Stress Relief

### The Little Book of Stress Relief

[http://www.facilitatoru.com/data/guides/stress\\_booklet.pdf](http://www.facilitatoru.com/data/guides/stress_booklet.pdf)

This is a free online tool aims to help people live a more stress free life.

### Natural Stress Relief

<https://www.natural-stress-relief.com>

The NSR technique is a simple and effective technique to increase inner and psychophysiological wellbeing, and to decrease stress, strain, anxiety, nervousness, problems with concentration, phobias, insomnia, depression and other disorders.

### NHS Choices Stress

<http://www.nhs.uk/conditions/stress-anxiety-depression/pages/understanding-stress.aspx>

The NHS website provides extensive knowledge on how to relieve stress. There are a significant amount of advice and support services to offer you. If you visit this website it will provide lots of advice about stress and stress management.

## Suicidal Thoughts

### Reach Out

<https://au.reachout.com/tough-times/suicide>

Reach out has lots of advice about suicidal thoughts and how to regain control of such thoughts. They provide real life examples and other self-help tools and apps to help give you support now.

## Obsessive Compulsive Disorder (OCD)

### MIND Mental Health Charity

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/obsessive-compulsive-disorder-ocd/#.WX7mx9KGPcs>

Mind provides a significant amount of knowledge relating to OCD. It uses real people and real examples to help illustrate the nature and complications of OCD. It looks at the symptoms, causes and offers some self care advice.

## Post Traumatic Stress Disorder (PTSD)

### MIND Mental Health Charity:

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd/#.WX7mN9KGPcs>

Mind provides a significant amount of knowledge relating to PTSD. It uses real people and real examples to help illustrate the nature and complications of PTSD. It looks at the symptoms, causes and offers some self care advice.

### Royal College of Psychiatrists:

<https://www.rcpsych.ac.uk/mental-health/problems-disorders/post-traumatic-stress-disorder>

The Royal College of Psychiatrists has an extensive amount of information with regards to PTSD. If you access this page there are numerous links to further support.

### Get Self Help:

<https://www.getselfhelp.co.uk/ptsd.htm>

Get Self Help provides useful information about PTSD. It also explains what treatments are available and even provides useful self help resources to help manage PTSD.

## Pre and Post Natal Depression

### PANDAS Foundation:

Tel:0843 28 98 401 / <http://www.pandasfoundation.org.uk/>

PANDAS Foundation vision is to support every individual with pre (antenatal) postnatal depression or postnatal psychosis in England, Wales and Scotland. We campaign to raise awareness and remove the stigma. We provide our PANDAS Help Line, Support Groups offer online advice to all and much more.

## Psychotic Symptoms

### Hearing Voices Network:

<http://www.hearing-voices.org>

The Hearing Voices Network are committed to helping people who hear voices. They offer information, support and understanding to people who hear voices and those who support them.

Isle of Man Victim Support	01624 679950
Isle of Man Witness Service	01624 679950
Kemmyrk	01624 675507
Manx Adoption	01624 625161
Manx Blind Welfare Society	01624 674727
Manx Cancer Help	01624 679544
Manx Deaf Society	01624 626085
Manx Diabetic Society	01624 845730
Manx Diabetic Society	01624 624007
Manx Dyslexia Association	01624 823985
Manx Foundation for the Physically Disabled	01624 628926
Manx Housing Trust	01624 626226
Manx Meet-A-Mum	01624 673663
Manx Mencap	01624 677289
MAWCH	01624 814421
MAWCH	01624 824075
Mental Health Children & Adolescent Team	01624 642875
Motiv8	01624 627656
Next Step	01624 616686
Peel District Carers	01624 843153
Peel District Carers	01624 643269
Police HQ & Family Protection Unit	01624 631212
Praxis	01624 619803
Primary Care - Designated Nurse Child Protection	01624 642643
Prison Probation	01624 891005
Registration Inspection Unit	01624 686192
Relate	01624 623902
Samaritans (24 hrs)	01624 663399
Social Services (Duty Social Worker)	01624 686179
Social Services (Out of Hours Police HQ)	01624 631212
Staff Welfare	01624 687027
Staff Welfare	01624 693238

## IOM Community Services for Adults

Bradda Resource Centre	01624 831850
Community Mental Health Service for Adults	01624 686313
Crisis Response Home Treatment Team (CRHTT)	01624 642860
Drug and Alcohol Team	01624 617889
Mount View House	01624 811855
Occupational Therapy	01624 642840
Older Persons Mental Health Service and Memory Clinic	01624 642840
Community Mental Health Team	01624 642540

## IOM Services for Children and Young People

Child and Adolescent Mental Health Service	01624 642875
The Children's Centre	01624 676076

## UK Resources

CRY-SIS	<a href="http://www.cry-sis.org.uk">www.cry-sis.org.uk</a>	08451 228 669
Samaritans	<a href="http://www.samm.org.uk">www.samm.org.uk</a>	0845 872 3440
Compassionate Friends	<a href="http://www.tcf.org.uk/">www.tcf.org.uk/</a>	0845 123 2304

*Facebook 'Viv Edge' as a local contact for the Isle of Man*

## Free Online Cognitive Behavioural Therapy

### Living life to the Full:

<http://www.lltff.com>

This is a self-help life skills training package based on a Cognitive Behavioural Therapy (CBT) approach, for those with mild to moderate depression and anxiety .

## Hoarding

### Help for Hoarders:

<https://www.helpforhoarders.co.uk>

Help for Hoarders provide information, support and advice and create awareness about this secretive condition, for hoarders and their loved ones

### MIND Mental Health Charity:

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/hoarding/#.WX7np9KGPcs>

Mind provides lots of information of how to cope with hoarding problems and how these might relate to other mental health difficulties. The website is very personable and understandable, it also gives great resources.

## Insomnia

### Sleepio:

<https://www.sleepio.com>

Sleepio used a practical CBT based approach to sleep. You set your own goals, test your own sleep and build your own programme. This website has very good reviews you can access and a video to explain how it works.

### Mind Mental Health Charity:

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/#.WX7nAdKGPcs>

Mind provides lots of information of how to cope with sleep problems and how these might relate to other mental health difficulties. The website is very personable and understandable, it also gives great resources.

## Mood and Anger

### NHS Choices Anger:

<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/about-anger.aspx>

The NHS website provides extensive knowledge of anger problems and has a significant amount of advice and support services to offer. If you visit this website it will lead you to many more places to offer you help. It also provides helpful self-help material.

### Self Compassion:

<https://self-compassion.org/category/exercises>

Self compassion is a mindfulness based website using meditation to help improve our mood, relationship and compassion towards others.

### APA

<https://www.apa.org/topics/anger/control.aspx>

General anger advice , management and regulation strategies.

## Drug and Alcohol

### DrinkAware:

<https://www.drinkaware.co.uk>

Drink Aware is an independent charity working to reduce alcohol misuse and harm in the UK. We're here to help people make better choices about drinking. Offering free chat, trackers, tools, practical support and advice.

### Motiv8 AddictionServices:

Tel:01624 627656 / <https://www.motiv8.im>

Motiv8 are a dedicated team of highly qualified and experienced counsellors who specialise in addictive behaviours. They are committed to helping their clients make positive changes to their lives with a non-judgemental therapeutic approach.

### AA:

Tel: 0800 9177 650 / <https://www.alcoholics-anonymous.org.uk/>

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions.

### Help Guide:

<https://www.helpguide.org/articles/addictions/overcoming-alcohol-addiction.htm>

Help Guide helps individuals understand how to stop drinking and start the recovery process. It uses practical methods to help individuals understand their drinking problem and set goals for change.

### NHS Choices Alcohol Support:

<https://www.nhs.uk/live-well/alcohol-support/>

The NHS website provides extensive knowledge of alcohol problems and has a significant amount of advice and support services to offer. If you visit this website it will lead you to many more places to offer you help.

## Android and IOS Apps

### Get Appy!: <https://allright.org.nz/app/>

Daily mini-missions to help you feel good! The *All Right App* helps you improve your health and wellbeing by reminding you to do the simple things that make a difference. It will give you an easy "mini mission" each day around the area of your choice. As you complete missions, the app will reward you with positive feedback.

### Catch It: <https://apps.beta.nhs.uk/catch-it/>

Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

### Cove: <https://apps.beta.nhs.uk/cove/>

Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal.

### Insight Timer: <https://insighttimer.com/>

Insight Timer is the most popular free meditation app with 5 million meditators and more free content than any other app. You can tailor meditation to yourself, sleep, stress and anxiety meditation are a select few.

### Headspace : <https://www.headspace.com/>

Headspace helps you learn to meditate and live mindfully. The sessions are daily. You get 10 free sessions. There are also hundreds of themed sessions on everything from stress and sleep to focus and anxiety.

### Mood Tools: <http://www.moodtools.org/>

Mood Tools is a great app to help with low mood and depression. It is based on the principles of CBT whereby you can record your thoughts, schedule activities and create a safety plan.

### 7 Cups: <https://www.7cups.com/>

Free, anonymous and confidential online text chat with trained listeners, online therapists & counsellors

### Super Better: <https://www.superbetter.com/>

Mental illness is not a game, but the app SuperBetter tastefully takes a gaming approach to managing depression, anxiety, chronic illness and post-traumatic stress disorder (PTSD). Players earn rewards for completing real-life exercises that help them build positive skills and behaviours like resilience and optimism.

## For Young People and Young Adults

### Calm Harm:

<https://apps.beta.nhs.uk/calm-harm/>

Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected.

### Mind Shift:

<https://www.anxietycanada.com/resources/mindshift-app>

Mind Shift is an app designed to help young people with anxiety symptoms.

### Young Minds:

Tel: 020 7336 8445 / [www.youngminds.org.uk](http://www.youngminds.org.uk)

Provides information and advice for anyone with concerns about the mental health of a child or young person.

## For General Mental Health Advice

### Rethink:

[www.rethink.org](http://www.rethink.org) - Rethink Mental Illness is the largest national voluntary sector provider of mental health services with about 250 services and over 150 support groups.

### Mental Health Foundation:

Tel: 020 7803 1101 / <http://www.mentalhealth.org.uk> -

The mental Health Foundation are committed to reducing the suffering caused by mental ill health and to help everyone lead mentally healthier lives. We help people to survive, recover from and prevent mental health problems.

### Mind:

<http://www.mind.org.uk>

Mind campaign vigorously to create a society that promotes and protects good mental health for all - a society where people with experience of mental distress are treated fairly, positively and with respect.

### Together:

Tel: 020 7780 7300 / <http://www.together-uk.org/>

Supports people through mental health services.

### The Centre for Mental Health:

Tel: 020 7827 8300 / <http://www.centreformentalhealth.org.uk/>

Working to improve the quality of life for people with mental health problems

## Depression

### Beyond Blue:

<https://www.beyondblue.org.au/the-facts/depression>

Beyond Blue is a website that provides information and support to help everyone achieve their best possible mental health, whatever their age and wherever they live. The Educational approach aims to help people understanding the signs, symptoms and treatment options. They provide self-help materials and personal examples in video form.

### Black Dog Institute:

<https://www.blackdoginstitute.org.au/clinical-resources/depression>

The Black Dog institute provides general advice and guidance for depression and also provides free resources to help understand the causes, treatment and management of depression. They have a famous video to really help people understand what depression looks like and feels like.

### MIND Mental Health Charity:

<https://www.mind.org.uk/depressionalliance>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/#.W ac2tL7SM8>

For almost 40 years, Depression Alliance has been bringing people together to end the loneliness and isolation that can come with depression. Mind has teamed up with them in order to reach everyone suffering, by accessing this website you will find many more links in order to understand depression better and use some skills to improve your mood.

### NHS Choices Depression:

<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/low-mood-stress-anxiety.aspx>

<http://www.nhs.uk/conditions/Depression/Pages/Introduction.aspx>

The NHS websites are a great source of knowledge with regard to symptoms, diagnosis, treatment and self-help resources.

### Get Self Help:

<https://www.getselfhelp.co.uk/depression.htm>

The Get Self Help website provides practical advice and resources to help understand depression and improve your mood. It focuses largely on the CBT model.

## Bereavement, Grief and Loss Support

### **CRUSE Bereavement Care Isle of Man:**

**Tel: 01624 668191 / <https://www.cruseisleofman.org>**

Cruse Bereavement Care exists to promote the well-being of bereaved people, and to enable anyone bereaved by death to understand their grief and cope with their loss.

### **The Compassionate Friends:**

**<https://www.tcf.org.uk/>**

The Compassionate Friends (TCF) is a charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause.

### **NHS Choices—Bereavement :**

**<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/>**

The NHS website provides extensive knowledge about bereavement and the processes involved, with useful videos, examples and local resources near you.

## Confidence and Motivation Building

### **Get Self Help:**

**<https://www.getselfhelp.co.uk/meaning.htm>**

The Get Self Help website provides practical advice and resources to help achieve more confidence and meaning. It helps you challenge beliefs about yourself.

### **Life with Confidence:**

**<https://www.life-with-confidence.com>**

Life with confidence is a website dedicated to helping people achieve higher levels of confidence through education and practical ways of improving confidence.

### **MIND:**

**<https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-esteem/#.WXrxQNKGPcs>**

Mind's website uses resource to help improve self esteem and confidence.

### **Mind Tools:**

**<https://www.mindtools.com/selfconf.html>**

Helps individuals build confidence by goal setting and thought challenging.

### **British Association for Counselling and Psychotherapy:**

**Tel: 01455 883300 / <http://www.bacp.co.uk/>**

Through the BACP you can find out more about counselling services in your area.

### **Breakthrough:**

**<http://breakthroughmhart.com/>**

Breakthrough is a small national service user-led organisation that concentrates its efforts on the identification and dissemination of positive practice in mental health, as well as promoting the art of people who have had mental health problems. There are over one hundred and twenty virtual galleries on the Breakthrough website, along with news and events in the arts and health world.

### **Nightline:**

**<http://nightline.ac.uk/>**

Listening, support and information service run by students for students. Other places you could go for support.

### **Refugee Council:**

**Tel: 020 7346 6700 / <http://www.refugeecouncil.org.uk/>**

The UK's largest organisation working with refugees and asylum seekers.

### **Lesbian, Gay, Bisexual and Trans + Switchboard:**

**Tel: 0300 330 0630 / <https://switchboard.lgbt/>**

Provides information, support and referral services.

### **The Proud Trust:**

**Tel: 0161 660 3347 / [www.theprouddtrust.org](http://www.theprouddtrust.org)**

Provides information, support and referral services.

## Mindfulness

### **Frantic World:**

**<https://www.franticworld.com>**

Helping individuals be more mindful by providing advice and resources.

### **Tiny Buddha:**

**<https://www.tinybuddha.com>**

Helping individuals be more mindful by providing advice and resources.

## Useful Organisations and Contacts (UK AND IOM)

### Carers Organisations

#### Carers UK:

<http://www.carersuk.org/Home>

Carers UK is the voice of carers. It improves their lives by providing information, advice, support and by campaigning for change.

#### Crossroads Care IOM:

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

Crossroads Care is Britain's leading provider of support for carers and the people they care for.

### Victim Support IOM

Tel: 01624 679950 / <https://www.victimsupport.im>

Victim Support is an Independent, Isle of Man charity, which offers free and confidential help to victims and witnesses of crime, their family and friends. We provide support for people affected by Crime, Death by Road Traffic Collisions, Unusual Death or Domestic Abuse.

### Volunteering services

#### CIRCA IOM:

<https://www.circa.org.im>

Circa Isle of Man is a volunteering agency for individuals from all backgrounds to access. Helping provide structure and support to your daily life.

### Stopping Smoking

#### Quit 4 You:

Tel: 01624 624404 / <https://www.Quit4You.gov.im>

Quit4You provides practical advice, support and encouragement to anyone who wants to quit. Samaritans

### Samaritans

#### Samaritans:

Tel: 01624 116123 / [www.samaritans.org](http://www.samaritans.org)

Offer a safe place for you to talk any time you like, in your own way.

## Mental Health Specific Resources

### Anxiety

#### Anxiety UK:

Tel: 08444 775 774 / <https://www.anxietyuk.org.uk/>

Works to relieve and support those living with anxiety disorders by providing information, support and understanding via an extensive range of services

#### Black Dog Institute:

<https://www.blackdoginstitute.org.au/clinical-resources/anxiety>

The Black Dog institute provides general advice and guidance for anxiety and also provides free resources to help understand the causes, treatment and management of anxiety.

#### My Compass:

<https://www.mycompass.org.au/Account/Register>

This is a personalised online self help tool run through the Black Dog Institute to provide a structured approach to anxiety management.

#### Mental Health Online:

<https://www.mentalhealthonline.org.au>

Provides comprehensive and effective online services and programs free of charge. If you're experiencing mental distress, these services can help you understand and address your needs through self-assessment, self-help and, if you choose, online professional support.

#### MIND Mental Health Charity:

<https://www.mind.org.uk/Anxiety>

Mind is a mental health charity that provides comprehensive advice with regards to anxiety, using real life examples and advice from professionals.

#### NHS Choices – Anxiety:

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

<http://www.nhs.uk/conditions/anxiety/pages/introduction.aspx>

The NHS websites are a great source of knowledge with regard to symptoms, diagnosis, treatment and self-help resources.