



Compassionate Isle of Man

Creating Community Connections

Charity and Service Support available on the Isle of Man

Charity name	Contact details	Service
Age Concern	Phone: 634170 / 631740	Currently providing phone advice and support for those aged 50+, a hardship fund and deliveries.
Beat Eating Disorders Charity	Phone: Adults - 0808 80 0677 Under 18 - 0808 801 0711 Email: Adults - help@beateatingdisorders.org.uk Under 18 - fyp@beateatingdisorders.org.uk	Supports people who have or are worried they have an eating disorder , as well as others affected, such as friends and family members.
Childline	Phone: 0800 1111	Phone and online support for children and young adults.
CIRCA	Phone: 613713 Email: enquiries@circa.org.im	Operating their Shop mobility Scheme remotely with a drop off service, health and welfare advice.
Crisis Response and Home Treatment Team	Phone: 01624 642860	If you are experiencing significant psychological distress.

Crossroads Care	Phone: 673103 Email: info@crossroadsiom.org	Providing support and respite for carers including a shopping and medication assistance service , phone support and a nursery for key workers .
Cruse Bereavement Care	Phone: 668191 Email: info@cruseisleofman.org	Free, voluntary and confidential bereavement support service – self referral, currently doing phone consultations.
Drug and Alcohol Team (DAT)	Phone: 617889	For those presenting with drug or alcohol dependency , currently providing phone support.
Food Bank	Phone: 646999 Email: isleofmanfoodbank@gmail.com	Emergency food parcels , which they provide locally or via a drive through service.
GamCare	Phone: 622011 Email: motiv8@iom.com	Information and practical advice for those concerned with their own or someone else's gambling (part of Motiv8) currently doing phone support and consultations.
Graih (Support, Drop-in, Night Shelter – Over 18s)	Phone: Erica - 224807 Michael - 324767	For those without overnight accommodation, the emergency night shelter is OPEN every night from 9 p.m. to 7:30 a.m. each night (for over 18s).
Hospice	Phone: 647400	Providing tele-health care and support for patients and families, and zoom palliative support to staff in residential care settings.
Isle Listen	Email: getinvolved@islelisten.im	Online mental health and emotional health advice and support for children.

Live at Home	Phone: 08081624604 Email: enquiries@liveathome.im	Helping people to feel connected and live independently at home with virtual coffee meets, phone call support and a shopping delivery service .
Manx Blind Welfare	Phone: 674727 Email: enquiries@mbws.org.im	Many services still running, including free issue specialist independent living equipment, weekly audio news service online (which includes the latest government covid-19 updates), audio library services via volunteer collection and delivery and assistance accessing vital services including food and other supplies and providing an emotional support line, health and welfare advice for blind and visually impaired members.
Manx Cancer Help	Phone: 679544 Email: info@thecentre.im	Free and confidential specialist psychological assessment and counselling sessions for patients and family members over the phone.
Manx Deaf Society	Phone: 202875 Email: contact@manxdeafsociety.org.im	Advice and support for deaf, deafened and hard of hearing people – currently doing an email, video call and whatsapp service.
Motiv8	Phone: 627656 Email: motiv8@iom.com	Addiction services providing advice and practical support around alcohol, drug, gambling or other addictive behaviours . Currently doing phone support and consultations.
Motiv8 Addiction Support during COVID-19	Phone: 627656 Email: motiv8@iom.com	Addiction services providing advice and practical support around alcohol, drug, gambling or other addictive behaviours .
Motiv8's	Phone:	Addiction services providing advice

Recovery Hub	627656 Email: motiv8@iom.com	and practical support around alcohol, drug, gambling or other addictive behaviours.
NSPCC	Phone: Help for adults concerned about a child - 0808 800 5000 Help for children and young people call Childline - 0800 1111	Prevent abuse, help rebuild children's lives and support families.
Quit4You Stop Smoking Service	Phone: 642404 Email: quit4you@gov.im	Phone consultations and support for those wanting to quit smoking including practical advice, behavioural support and nicotine replacement therapy.
Royal British Legion	Phone: 823974	Armed Forces charity providing care and support to all members of the British Armed Forces past and present and their families. Currently offering welfare phone calls and assistance with shopping or prescriptions.
Salvation Army	Phone: 627742 Email: douglas@salvationarmy.org.uk	Providing support for the vulnerable members of society , currently offering online worship, referrals for practical assistance and telephone calls.
The Children's Centre	Phone: 800000 Email: info@thechildrenscentre.org.im	The Children's Centre develops, manages and pioneers a variety of community initiatives and services aimed at enabling children, young people, and families to realise their full potential.
The Samaritans	Phone: 116123	Offer listening and support to people and communities in times of need.

<p>Southern Befrienders</p>	<p>Phone: 833025 Email: southernbefrienders@manx.net</p>	<p>Provides older people with support in two ways; companionship by one-to-one befrienders and in social groups currently operating using telephone calls.</p>
<p>Victim Support</p>	<p>Phone: 679950 Email: enquiries@victimsupport.im</p>	<p>Free and confidential help to victims and witnesses of crime, their family and friends. support for people affected by crime, death by road traffic collisions, unusual death or domestic abuse. Also see: https://www.gov.im/domesticabuse</p>
<p>Workplace Wellbeing</p>	<p>Phone: 642639</p>	<p>Offering helpful and practical guidance to help local organisations implement wellbeing initiatives into their workplace via telephone.</p>