**Useful contact information**

CAMHS- Child & Adolescent Mental Health Service  642875 camhs@gov.im

EHAS- Early Help And Support  [EarlyhelpandSupportreferrals.DHSC@gov.im](mailto:EarlyhelpandSupportreferrals.DHSC@gov.im)

Social Services- 686179

Cruse bereavement- 668191  info@cruseisleofman.org

Young Carers- 678646  www.crossroadsiom.org

Motiv8 - 627565

Crisis response- 642860

Parent2parent- facebook page for meeting times.

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