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| MOTIV8Drug, alcohol & gaming addiction advice/support627565www.motiv8.im | REACH IOMListening service, advice &supportREACH IOM onfacebook |
| SAMARITANS IOMTalk to someone about your problems663399 | ISLE LISTEN Counselling & advice for teenagemental healthIslelisten.im |
| KOOTHOnline counselling and supportwww.kooth.com | YOUNG MINDSWebsite offering support for young peopleYoungminds.org.uk |
| CRISIS RESPONSE TEAMSupport when you most need it642860 | CAMHSCounselling and support for children & teenagers642875 |
| CRUSE BEREAVEMENT CAREAdvice and support when someone has passed away668191  | SCHOOL NURSEDiscuss any issues/concerns/worries693210 |