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| MOTIV8  Drug, alcohol & gaming addiction  advice/support  627565  www.motiv8.im | REACH IOM  Listening service, advice &  support  REACH IOM on  facebook |
| SAMARITANS IOM  Talk to someone about your  problems  663399 | ISLE LISTEN  Counselling & advice for teenage  mental health  Islelisten.im |
| KOOTH  Online counselling and support  www.kooth.com | YOUNG MINDS  Website offering support for young people  Youngminds.org.uk |
| CRISIS RESPONSE TEAM  Support when you most need it  642860 | CAMHS  Counselling and support for  children & teenagers  642875 |
| CRUSE BEREAVEMENT CARE  Advice and support when someone  has passed away  668191 | SCHOOL NURSE  Discuss any issues/concerns/  worries  693210 |