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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 |
| KOOTH (under 18) QWELL (OVER 18)Online counselling and support[www.kooth.com](http://www.kooth.com)www.qwell.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  | PARENT2PARENTAdvice and support for parents ofYoung people who are strugglingParent2parent onfacebook |