



The work of our charity



**MINDS
MATTER**
Specialist Psychological Therapies



ISLE LISTEN
Because Minds Matter

About us

For over 35 years, we have provided vital emotional support to people of all ages and their families - helping them cope with the emotional and mental health challenges associated with living with cancer and other life-changing conditions.

We are entirely funded through the incredibly generous support of our local community as well as through grants and private trusts, and we do not receive any funding from the Isle of Man Government.

In 2019, we launched Isle Listen which is an early intervention positive mental health initiative that aims to highlight the importance of mental health and its equal importance to physical health. Isle Listen provides a range of mental health support services and training in the workplace, community and within the Island's schools.

By choosing to support us, you can bring about transformational change and help us to stop the stigma surrounding mental health. You will be enabling more people on our Island to access our vital information and support, or change the future of people living with cancer and other life-changing conditions.



Thank you

*Andrea Chambers,
Chief Executive*

Minds Matter and Isle Listen are registered trading names of MCH Psychological Services which is the legal and registered name of our charity. Our Isle of Man Charity Number is 1024.

LEARN MORE ABOUT US AT

mindsmatter.org.im | islelisten.im



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Turn pennies into psychological support for those on our Island affected by cancer or other life-changing conditions, enabling them to focus on their emotional wellbeing.

£50

funds an appointment with a qualified Art Therapist for a person living with cancer or other life-changing conditions

£100

covers the running costs for one day of our centre at The Old School House in Cronkbourn, Douglas

£500

pays for a mandatory psychological assessment with our Clinical Psychologist for women electing for prophylactic mastectomy

£1,000

enables someone living with cancer to benefit from 20 counselling sessions to enable them to emotionally accept their diagnosis and cope with the emotional feelings surrounding such a diagnosis

£2,000

supports the cost of 20 sessions of Cognitive Behavioural Therapy (CBT) with an accredited psychotherapist for a person living with chronic pain



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Make a real and lasting difference. Your support helps us to continue our 'Stop the stigma' mental health campaign by enabling us to continue offering early intervention and building emotional resilience in young people on the Isle of Man.

£50

covers the production of our positive mental health resources pack for a child or young person

£100

gives a young person the opportunity to talk to one of our Listeners in school about feelings they're finding difficult to manage such as bullying or exam stress

£250

supports the delivery of a school holiday activity session or art workshop for up to 25 children focusing on confidence-building and self-esteem

£1,000

enables our schools team to deliver educational sessions in one school covering a range of issues that can effect emotional wellbeing in young people

£10,000

funds a year of our low-level Listening Service for two days a week in one secondary school on the Island

Get in touch

T +44 (0)1624 679544 / 679118

mindsmatter.org.im | islelisten.im



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