

Mental Health Service

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| CRHTT Team (crisis) | 01624642860 |
| CMHSA (Community Mental Health Service for Adults) | 01624 686313 |
| CAMHS (Child and Adolescent Mental Health Service) | 01624 642875 |
| Older Persons Mental Health Service | 01624 642879 |
| Samaritans | 01624 116123 |
| Cruse (bereavement Support) | 01624 668191 |
| Counselling Wellbeing Service | 01624 642540 |
| Drug and Alcohol | 01624 617889 |
| Motiv8 | 01624 627656 |

Emergency Services

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| Police/Fire/Ambulance EMERGENCY ONLY | 999 EMERGENCY ONLY |
| MEDS (out of hours GP) | 01624 650000 |
| Nobles Switchboard | 01624 650000 |
| Ramsey Cottage Hospital | 01624 811811 |
| Douglas Police HQ | 01624 631212 |
| Ramsey Police Station | 01624 812234 |
| Peel Police Station | 01624 631554 |
| Castletown Police Station | 01624 822222 |

Other Services

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| Homelessness (Graihs Drop inn) | 07624 304381 |
| Housing Matters | 01624 675507 |
| Benefits Office | 01624 685685 |
| Manx Citizens Advice | 01624 813466 |

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| Job Centre | 01624 687014 |
| Combat Stress (Veteran Support) | 08001381619 |
| Food Bank | 01624 646999 |
| Salvation Army | 01624 627742 |
| Women's Refuge | 01624 677900 |
| Victim Support | 01624 679950 |
| ASAT (Adult Service Access Team) | 01624 686179 |
| IOM Health & Care Association | 07624 425326 |

The information in this leaflet can be provided in large print or on audio tape/CD, on request.



Mental Health Service
Manannan Court • Noble's Hospital • Strang • Isle of Man • IM4
4RJ



Crisis Response Home Treatment Team (CRHTT)

Mental Health Service providing a 24/7 service to people experiencing acute mental distress in the community.

Contact and Plan Details

Seen by.....

Date.....

Location.....

You have agreed to the following plan to be actioned:

Agreed plan continued

If you are in need of urgent Mental Health help and support please contact the Crisis team on 01624 642860. The CRHTT (Crisis Team) operated 7 days a week 24hours a day.

Helpful Mobile Apps

- **Headspace** - 10 free mindfulness sessions that you can use over and over.
- **Elefriends** - A great free app from Mind, the mental health charity.
- **What's Up?** - Full of tools to enable you to manage anxiety and calm an anxious mind and body, as well as objective help and advice on subjects such as anger, depression, self-esteem and stress.
- **Smiling Mind** - 'Check in with yourself' with this comprehensive app from Oz, which enables you to track your mood along with hundreds of targeted mindfulness practices for young and old alike.
- **MyPossibleSelf** – The App bot guides you through a free, and rather in depth eight week cognitive behavioral therapy based course.
- **Aura** – The App shows a wealth of personalised mindfulness exercises. From improving mood to lessening anxiety, Aura's narrators have a dignified sense of calm and the app has an outstanding amount of choice in the paid version.
- **Calm** - Another great mindfulness app which you can access both paid and unpaid. A vast amount of exercises and options to choose from for all levels of ability.
- **MindShift CBT** - This app is aimed at Young adults, older teens or anyone new to managing their anxiety.
- **Catch it** - Endorsed by the NHS, this free app promises to be a helpfully concise addition to the mental health app scene.
- **Action For Happiness** – The App offers a 'newsfeed' of positive affirmations, memes and scientifically proven small daily tasks to improve your mood and sense of well being.
- **Chill Panda** - A very gentle free app for everyone. The app uses your phone's camera to take your heart rate, and with both breathing and yoga stretching and gentle exercise, this simple app really does live up to its name.
- **Mind.org.uk**