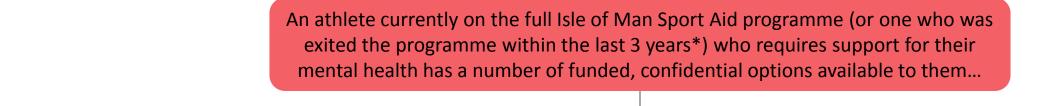
Mental Health & Wellbeing – Who to contact?









Book an appointment with a TEAMmate here

Switch the Play
Foundation
(and onward referral)

Contact Paul Jones (Sports Performance Co-Ordinator), Rich Sille (Sport Psychology Lead), or any other Isle of Man Sport Aid support service team member

IOM Sport Aid mental health support (and onward referral)

If an athlete is in an emergency or at direct risk of harm to themselves or others, call 999 or the DHSC crisis response team on 01624 642860

*ex-Sport Aid athletes, who do not hold eligible status, may have support funded by Isle of Man Sport Aid on application

Contact your local GP or

self-refer for counselling

/ therapies here

After hours support is also available through the Samaritans on 116 123