

Mental Health & Wellbeing – Who to contact?



Isle of Man
Government
Reillys Ellan Vannin



An athlete currently on the full Isle of Man Sport Aid programme (or one who was exited the programme within the last 3 years*) who requires support for their mental health has a number of funded, confidential options available to them...

Book an appointment with a TEAMmate [here](#)

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

Contact your local GP or self-refer for counselling / therapies [here](#)

Switch the Play Foundation
(and onward referral)

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

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

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