




Talk to us if you or someone you care for:

- Prioritises a substance or behaviour
 - Feels like you or they need to take something more or behave in a certain way to get the same effect
 - Has family conflicts – Family and friends may have complained
 - Neglects work or responsibilities
 - Experiences connected physical or mental health problems
 - Has experienced feelings of guilt, worry, or embarrassment about behaviour
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This is what clients have said about our support...

“ I called and was seen so quickly. It was hard to make that first call but I am so glad I did.”

- Individual supported through recovery from alcohol dependency

“ The support we have had through Motiv8 has been life-changing.”

- Family supported by Motiv8

**Freephone 0808 1624 627
contact@motiv8.im
www.motiv8.im**

Monday to Friday 9am until 5pm. Evening appointments and group sessions available.

For our list of trustees please visit:
www.motiv8.im/about



Motiv8
ADDICTION SERVICES

**Want to talk about
Alcohol, Drugs, Gambling
or Gaming?**

**FREEPHONE 0808 1624 627
www.motiv8.im**

Manx Registered Charity Number 275

Talking to a trained support worker may help you get a clearer picture in your mind about your current situation.

Who do Motiv8 support?

Our counselling team support anyone impacted by their own or someone else's Alcohol, Drug, Gambling or Gaming use.

If you or someone you care about is finding it hard to cut down or stop, then speak to us in confidence about our support.

What support does Motiv8 offer?

- 1 to 1 counselling sessions
- Peer-led SMART recovery groups
- Wellbeing workshops
- Peer mentor support
- Family support
- Young persons support
- CBT (Cognitive Behavioural Therapy)



What can you expect when you first contact us?

You will speak to a trained support worker who will identify the right route for you and, if appropriate, arrange your first appointment.

Motiv8 is a free and confidential service.