



# Mental Health Support over the Christmas Period

Christmas can be a daunting time, and a time you might feel more pressure to feel or be a certain way. Make sure you are kind to yourself over the Christmas period, and know it is okay to struggle and to talk about your feelings.



Samaritans- Support for anyone that needs to talk, offers 24/7 support by phone- 116123



Shout: Provides free, confidential 24/7 crisis text support. Text SHOUT to 85258 to connect with a volunteer.



Kooth offers free, confidential and anonymous online support and counselling for 11-23 year olds. Their team will be available to provide mental wellbeing support over the festive period.



Call 111 or visit NHS 111 online for advice if you experience a significant change in your mental health and are not already receiving care from mental health services.



Beat provide support to help young people who may be struggling with an eating problem or an eating disorder. Call 0808 801 0677.



Childline provides a confidential telephone counselling service for any child with a problem. Call: 0800 1111 anytime



Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person. Call: 0800 068 3131 or text: 07860 039967 (9am-midnight, 365 days a year).



The Mix provides free, confidential support for young people under 25. Call: 0808 808 4994 (3pm-midnight every day) or email.



**Urgent Mental Health Helpline**

Call 0808 196 4501 for free, 24/7 advice, support, and triage from a mental health professional for all ages.



you can call the 24/7 urgent mental health helpline at 0808 196 4501.