

Contact Us:

 cwrise.com/mhst

Useful Links:

 cwrise.com cwmind.org.uk giveusashout.org

 0300 200 2021 0300 200 2021 85258

MHST is still working over the Christmas holidays, so if you are working with a practitioner you can choose to have online appointments or at your local clinic. You can also access support from the below organisations over the Christmas holidays,

although opening hours may vary:

Rise Crisis Team: for those under 18 who are experiencing a mental health crisis.

Phone number - NHS: 111



Kooth: An online mental wellbeing community. Access free, safe and anonymous support for (11-25). Kooth is still open over the Christmas period, although online chat may have reduced opening hours. Access articles, discussion board posts and live forums to get peer support from other young people. If you can't find a post about what you are looking for support for, you can make one!

Website: kooth.com



Childline: get support over the phone, online or from other young people on their message boards.

Website - childline.org.uk

Phone number - 0800 1111



Young Minds: find advice and information on their website or use their textline for support.

Website - youngminds.org.uk

Textline - Text YM to 85258



Refuge: For support for women and children against domestic violence.

National 24 hour helpline: 0808 2000 247

Website: refuge.org.uk/i-need-help-now/how-we-can-help-you/



Thinking about your Wellbeing at Christmas



Christmas can be a time of big celebrations, family time and lots of joy for some people, but for others, it can mean the opposite, leading them to wonder how they are going to cope. This leaflet reflects on why Christmas may be challenging for some people and gives some strategies and websites to use if you are struggling.

Difficulties anyone could be facing this Christmas

Domestic violence

Alcohol or drug misuse

Spending Christmas in care or with a foster family

Feeling like you have to be happy and interact with people all day.

Not giving or being able to buy the present you want to

Feeling overlooked by other people

No school / change in routines

Family arguments or not getting on with family.

Having an eating disorder or struggling with food during a time centred around food

Stress around preparing for exams/tests after Christmas

Missing someone who has died or cannot be there

Worries about things such as money, keeping warm and food.

Feeling overwhelmed or experiencing a sensory overload

You don't celebrate Christmas

How you can help yourself...

Practice Self Care – Reflect on what you need to get through the festive period and plan some time to prioritise what is best for you

Plan ahead – identify what things you might find difficult at this time of year and make a plan of how you can manage any feelings that may come up

Set your boundaries – Think about what you can control and talk to people about what you want in advance. Remember it's not your job to please everyone, you can say no if you need to

Talk to people around you – Try not to bottle your feelings up. However you are feeling is okay and if you're struggling to manage on your own, talk to a trusted adult or contact one of the services on the back of this leaflet