

Mental Health and Wellbeing Support **During Holidays**

Beat

A website dedicated to eating disorders and how to cope over Christmas

<https://www.beateatingdisorders.org.uk/>

BRAVE Online

Online CBT for young people living with anxiety

<https://www.brave-online.com/>

Campaign Against Living Miserably (CALM)

0800 58 58 58

thecalmzone.net

Provides listening services, information and support for anyone who needs to talk, including a web chat.

Camhs Resources

Lots of resources and links from the Camhs

<https://www.camhs-resources.co.uk/websites>

Childline

You can talk to us about anything. No problem is too big or too small. Call us on 0800 1111 or chat to us online.

Cruse Bereavement Care

0808 808 1677

cruse.org.uk

Information and support after a bereavement.

KOOTH

Helpful articles, personal experiences and tips from young people and our Kooth team. Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!

Chat to our helpful team about anything that's on your mind. Message us or have a live chat.

Write in your own daily journal to track your feelings or emotions and reflect on how you're doing. <https://www.kooth.com/>

LGBT Foundation

0345 3 30 30 30

lgbt.foundation

Advice, support and information for people identifying as LGBTQ+.

National Domestic Abuse Helpline

0808 2000 247

nationaldahelpline.org.uk

Free 24-hour helpline for women who have experienced domestic abuse and violence, with all female advisors. Also offers a live chat and can help to find refuge accommodation. Run by the domestic violence charity Refuge.

NHS 111 (England)

111

111.nhs.uk

Non-emergency medical help and advice for people in England.

Samaritans

116 123 (freephone)

jo@samaritans.org

samaritans.org

Samaritans are open 24/7 for anyone who needs to talk. You can visit some Samaritans branches in person. Samaritans also have a Welsh Language Line on 0808 164 0123 (7pm-11pm every day).

Shout

85258 (text SHOUT)

giveusashout.org

Confidential 24/7 text service offering support if you're in crisis and need immediate help.

Survivors of Bereavement by Suicide (SOBS)

uk-sobs.org.uk

Emotional and practical support and local groups for anyone bereaved or affected by suicide.

Switchboard

0300 330 0630

switchboard.lgbt

Listening services, information and support for lesbian, gay, bisexual and transgender communities.

Teen Sleep Hub

Resources and advice to help you get a good night's sleep <https://teensleephub.org.uk/>

The Trussell Trust

trusselltrust.org

Emergency food and support for people in need. Includes a searchable list of local foodbanks.

Each foodbank will arrange its own Christmas hours. You need a voucher from their referral agency first, so find your nearest foodbank, and find out when their referral agency is open too.

YoungMinds

YoungMinds offers free confidential online and telephone support to anyone worried about the emotional and mental wellbeing of a child or young person up to the age of 25. Free parents' helpline - 0808 802 5544 from 9.30am to 4pm, Monday to Friday

Young people can access support and resources on a variety of mental health concerns at www.youngminds.co.uk