

## 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](http://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](http://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](http://lgbt.foundation)

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

### National Domestic Abuse Helpline

0808 2000 247

[nationaldahelpline.org.uk](http://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](http://111.nhs.uk)

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

### Samaritans

116 123 (freephone)

[jo@samaritans.org](mailto:jo@samaritans.org)

[samaritans.org](http://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](http://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](http://www.youngminds.co.uk)