

# Mental Health Improvement Team

## Surviving (and Thriving) the Festive Season



### Looking After Your Mental Health



#### DO's

**Set boundaries.** Let your family, friends and work colleagues know how you want to spend the festive season.

**Say No.** Don't feel like you have to do anything you don't want to. Those who matter to you will understand. Sometimes the kindest word we can say to ourselves is No.

**Make time** for the things you enjoy doing. Watching your favourite movie, listening to a podcast, baking, walking. Anything YOU enjoy.

**Ask for help.** If you are struggling, reach out, don't suffer in silence. Connect with your support system or contact a helpline below.



#### DON'Ts

**Ignore** your feelings. Take time to work out what you're feeling. Think about the things that you might find difficult about this time of year. Talking about how you're feeling to a supportive trusted adult can help.

**Compare to others.** If we feel we don't measure up to what other people are doing or spending at Christmas, it can have a negative impact on our self-esteem.

**Overspend.** It is bad for our bank balance and can affect our mental health. Christmas is everywhere and the commercialisation grows bigger and bigger each year. Don't be sucked in; only spend what you can afford.

**Feel bad** for not embracing the festivities. Many people find Christmas to be a difficult time of year, and it's important to remember that you're not alone.

### Mental Health Supports: Helplines



**NHS24 Mental Health Hub:** Telephone advice and support on healthcare can be obtained from NHS24 by phoning **111**; the Mental Health Hub is open 24/7.

**Breathing Space:** A free helpline for individuals experiencing symptoms of low mood, depression, or anxiety, and offers free and confidential advice for individuals over the age of 16. They can be contacted on **0800 83 85 87**, 6pm to 2am Monday to Thursday; and from 6pm Friday throughout the weekend to 6am Monday.



**Samaritans:** Provide confidential non-judgemental emotional support 24 hours a day for people who are experiencing feelings of distress or despair. You can contact Samaritans free by phoning **116 123** or via email on [jo@samaritans.org](mailto:jo@samaritans.org)

**Childline:** For children and young people, for whenever they need support or advice. It is open 24/7, and there are many ways to get support. You can call **0800 1111**. Other ways are set out on their website: [www.childline.org.uk](http://www.childline.org.uk)



**SHOUT:** A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Text **SHOUT** to **85258**.

### Financial Supports and Resources

*Click on images to download information*

**Support and Information Centres:** are non-clinical spaces within hospitals. Staff in these Centres can provide information and support on a wide range of health and lifestyle issues. The centres are open to everyone, including patients, carers, family members, staff and members of the public and are drop-in, appointments are not necessary.



Can help, with free and confidential advice and work with specialist organisations who are experts in dealing with the challenges of daily life.



Call **0808 808 4000**, Mon to Fri 9am-8pm and Sat 9:30am - 1pm. Also offer a chat service.



Freephone: **0800 028 1456** (Mon - Fri 8am - 6pm) for help with housing, benefits, debt and consumer issues such as energy bills.



You might be able to get free mobile data, texts, and minutes through a service called the National Databank. Run by O2, in partnership the Good Things Foundation, the scheme aims to help people in 'data poverty'.

**Social tariffs** are cheaper broadband and phone packages for people claiming Universal Credit, Pension Credit and some other benefits. Some providers offer cheaper broadband packages that are only available to customers on certain benefits.



Scotland's fuel poverty figures take into account household heating needs, what it costs to meet these and whether this leaves enough money left over for households to maintain an acceptable standard of living. Click on images to check for eligibility.