



# Christmas Mental Health Resource List

## For support with loneliness/ managing your mental health over Christmas:

Stand alone- a festive guide to being alone at Christmas. Visit:

<https://www.standalone.org.uk/guides/festive-guide/>

**Samaritans- Christmas coping information:** call 11612 or visit:

<https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/if-youre-finding-things-hard-this-christmas/>

**Shout- tips for feeling less alone over Christmas:** Text 85258 or visit:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/useful-contacts/>

**Mind- Christmas and Mental Health:** visit: <https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-and-mental-health/>

**Mind Helpline:** call 0300 123 3393

(The helpline is closed on Christmas Day and the 28<sup>th</sup> December, open on 29<sup>th</sup>, 30<sup>th</sup>, 31<sup>st</sup> of December, closed on 1<sup>st</sup> January, then open again on the 4<sup>th</sup> January).

**Mind- Side by Side:** an online community to share lived experiences and meet new people. A space to listen and be heard. Visit: <https://sidebyside.mind.org.uk/>

**Silver Line:** Provides support, information, friendship and advice for those aged 55 and over, who may feel lonely or isolated. Call 08004708090.

**Mental Health.org- You and your mental health still matter this Christmas:** visit: <https://www.mentalhealth.org.uk/explore-mental-health/blogs/you-and-your-mental-health-still-matter-christmas>

## Specific Mental Health support:

**Beat- Managing with an eating disorder over Christmas:** visit:

<https://www.beateatingdisorders.org.uk/your-stories/five-questions-about-christmas-eating-disorder/>





**Cruse- Coping with Grief this Christmas:** visit:

<https://www.cruse.org.uk/understanding-grief/managing-grief/christmas/>

**Tommy's- Information and support for people affected by loss, miscarriage, still born or premature birth:** visit: <https://www.tommys.org/about-us/charity-news/coping-christmas-when-you-have-lost-baby>

**BLMK Crisis café:** open 365 days a year 5pm- 11pm.

**Luton Crisis Café:** Luton Wellbeing Centre, 46-56 Dumfries Street, Luton, LU1 5BP.

**Bedford Crisis Café:** Florence Ball House, Bedford Health Village, 3 Kimbolton Road, Bedford, MK40 2NX.

**Milton Keynes Crisis Café:** 226 Queensway, Fenny Stratford, Bletchley, Milton Keynes, MK2 2TE

**Please note: The Central Beds Crisis Café is not open on Christmas day.**

## Activities to attend on Christmas:

**Park Run-** organised walks/ runs around local parks. Free to register online and attend. Local park runs which will be facilitated on Christmas Day:

Bedford Park, Park Avenue, Bedford

Wardown Park, Old Bedford Road, Luton

Willen Lake, Milton Keynes

For more information on how to book visit <https://www.parkrun.org.uk/special-events/>

## Alternative support:

**Twitter #JoinIn on Christmas Day:** people who are spending the day alone or want someone to chat with can follow and talk to people using the hash tag 'Join in' (#joinin). For many years, this was run by Comedian Sarah Milican, with each time being a good success. All people need to participate is a twitter account, which is free to make online.

