



Finding support for your mental health at Christmas

Christmas can affect our mental health in lots of different ways. Whether Christmas is part of your life, or it's happening around you, it can be a difficult time.

There is support available to help you feel understood, supported and connected to the right resources when you need it most.

Urgent support

If you are experiencing suicidal thoughts or significant distress, or are concerned about your general mental health or safety at any point, we would ask that you **please contact 999 or attend A&E if there are any imminent risks.**

Crisis services

Your local crisis services will still be open over Christmas. If you have a crisis line number, given to you by a health professional, please call it. If not, you can access your local **mental health crisis team via the NHS by phoning 111.**

Support lines

Samaritans

Open every day of the year
Call 116 123 (Freephone)

[Click here](#)

Shout

Open 24/7 including Christmas
Text SHOUT to 85285 (Crisis text line)

[Click here](#)

Calm

Open 5PM - Midnight including Christmas
Call 0800 58 58 58

[Click here](#)

Mind Helplines

Open 10AM to 6PM Monday - Friday
(Closed 25 and 26 December, and 1 January)
Call 0300 102 1234

[Click here](#)