

# Surviving (and Thriving) the Festive Season



## Looking After Your Mental Health



**Set boundaries.** Let your family, friends and work colleagues 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.



**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.

## 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.



**Samaritans:** Provide confidential emotional support 24 hours a day for people who are experiencing feelings of distress or despair. Call free **116 123**.



**Breathing Space:** for individuals experiencing symptoms of low mood, depression, or anxiety. Offers free and confidential advice for individuals 16+. Call free **0800 83 85 87**, 6pm to 2am Mon-Thurs and from 6pm Friday throughout the weekend to 6am Monday.



**Childline:** For children and young people, for whenever they need support or advice. Open 24/7, call free **0800 1111**. Other ways to contact are on the website **www.childline.org.uk**



**Scotland's Domestic Abuse and Forced Marriage Helpline.** Call free **0800 027 1234** or Message the text/WhatsApp service on **07401 288 595**. Available 24hrs a day, 365 days of the year.

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



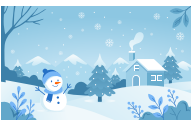
**Citizens Advice.** Freephone: **0800 028 1456** (Mon - Fri 8am - 6pm) for help with housing, benefits, debt and consumer issues such as energy bills.



## Guides to Surviving the Festive Season

Click on images to download information

**COPE SCOTLAND.** Some ideas which may be helpful to reduce the stress of the festive season.



**MENTAL HEALTH FOUNDATION.** Top tips for looking after your mental health at Christmas.



## Financial Supports

Click on images to download information

**Support and Information Centres:** are non-clinical spaces within hospitals. 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.

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.



You might be able to get free mobile data, texts, and minutes through a service called the National Databank. 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.

