

Accessing Support

MHST is still open during the Christmas holidays, so if you usually have sessions at school, you can choose to have these online or at your local family hub. You can also access support from the websites below:

Rise Crisis Team: for those under 17 who are experiencing a mental health crisis.

Phone number - 08081 966798



Childline: get support over the phone, online or from other young people on their message boards.

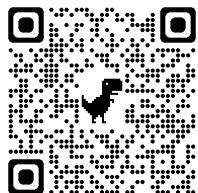
Website - <https://www.childline.org.uk/kids/>



Phone number - 0800 1111

Top QR code takes you to the website.

Bottom QR code takes you to 1:1 chat.



Young Minds: find advice and information on their website or use their textline for support.

Website- www.youngminds.org.uk

Textline - Text YM to 85258



*Feeling worried or unhappy
this Christmas?*



Christmas can be a really exciting time where we get to spend time with our family and friends and celebrate. But what happens if we aren't looking forward to Christmas? This leaflet talks about why children might struggle at Christmas and gives some ideas of things that they can do that might help.

Why do some children find Christmas hard?



What could help me?

Use the NHS "5 Steps to wellbeing" to think about what you can do

Connect

- Spend time with the people you love

Keep learning

- Start a new hobby, learn a new joke or an interesting fact

Take Notice

- Stop for a moment and think about what you can see, touch, hear, taste and smell

Give

- This doesn't have to cost money. You could say something kind to someone, smile or offer to help them

Be active

- Go for a walk with your dog, start a new sport or dance around your kitchen



Talk to a trusted adult - If you are finding it hard to manage your feelings by yourself, talk to someone you trust.