



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 28th December, open on 29th, 30th, 31st of December, closed on 1st January, then open again on the 4th 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.

Campaign to end loneliness: 12 ways to end loneliness at Christmas. Visit:

<https://www.campaigntoendloneliness.org/blog/12-ways-end-loneliness-christmas/>

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.

