



Looking after your mental wellbeing over the seasonal period

Christmas and New Year can be a difficult time for many of us. It brings pressures and problems to bear. Here is some advice for Christmas and New Year.

Be careful about comparing yourself to others at Christmas.

Unrealistic media and advertising versions of other people's festive celebrations can make us feel less positive. Be realistic about your own expectations. Make plans for how you will spend the time over Christmas. Build time in for yourself to treat yourself whether it be reading a new book, going out for coffee or a meal.

Participate in your local community or social groups:

Christmas can be a time of increased loneliness and isolation. Many organisations offer support at Christmas and finding out what is available in your local area may be helpful. Local libraries, community centres, social media and newspapers are good sources of information. Volunteering is one good way of reducing loneliness and having a sense of purpose if you would otherwise be spending Christmas alone. Try to connect into local groups and not spend too much time alone. You might like to go to community Christmas lunches which happen across the city.

Connect with other people in similar situations.

Don't allow your normal routines to be pushed out of place. Try to go to your regular support groups over the holiday period for support. You could even consider going to extra meetings.

Plan to keep things problem free:

Think about what people or situations may trigger negative feelings or behaviours and figure out ways to avoid them. If going to a New Year's Eve party might be a trigger, decide to just stop by on New Year's Day and see the same people. Try to avoid people or places that may bring back memories of unhappy experiences or that might cause you to think about misusing substances. If you are unable to avoid these, think about planning ahead of time to cope with them as well as you possibly can. Your Key Worker can help you with this.

Keep active.

Keeping physically active can help with your mood as well as improve your health. Try to schedule in some time every day for walking, swimming or gardening (or whatever activity you prefer). These will all help you to sleep better too.

Don't give up.

If you have a moment of frustration or sadness, then let it pass and go on. Just because you feel bad for a few minutes doesn't mean you give up the rest of the day or use substances to deal with it. Try to let these emotions just pass through you. Remember, no emotion lasts forever, even though it might feel that way at the time. Use distractions, if possible, to turn your attention elsewhere. Use the helplines on this leaflet if you need to. These services understand how difficult this time of year can be and are ready to offer support to those who need it.

Telephone: 0114 308 7000

Email: info@likewiseshffield.org.uk

Facebook: /LikewiseSheffield

Twitter: @LikewiseSheff

Useful phone numbers for help and support over the Christmas and New Year period:



The Samaritans:

Telephone: 116 123 – Free to call number – 24 hours a day, every day



HARC

Homeless and Rootless
at Christmas

HARC provides a safe and warm day shelter for homeless and rootless vulnerable people between Christmas and New Year in Sheffield city centre. They provide three hot meals a days and guests are welcome to spend the entire day should they wish.

Victoria Hall, George Street, Sheffield, S1 2PF

The Trussell Trust runs a network giving emergency food and support to people in crisis across the UK.

Telephone: 01722 580 180



The Sunday Centre provides hot food every Sunday free of charge in Sheffield for homeless and vulnerable people. Meals served at 1:30pm

Victoria Hall Methodist Church, George Street, Sheffield, S1 2PF



The Mix.

Telephone: 0808 808 4994

A confidential helpline service for young people under 25 who need help, but don't know where to turn. You can call The Mix if you are feeling low, anxious or lonely or want to talk through something that is upsetting you like relationship difficulties, family problems or drug use.



Rethink Mental Illness – Sheffield:

A telephone support service for anyone affected by mental health issues, opened 24 hours a day every day.

Telephone: 0808 801 0440



CALM offers support to men in the UK, of any age, who are feeling down or in crisis.

Telephone: 0800 585858 – open every day 5pm-Midnight

Sheffield Council Housing Solutions



Housing Solutions provide help, advice and support for people who are homeless, at risk of becoming homeless or have a housing issue.

Telephone: 0114 273 6306

Out of Hours: 0800 7311 689



Urgent help – Single Point of Access:

If your service is closed for the day or you do not currently receive support from one of our services (NHS) and you need urgent help you can contact the Single Point of Access on 0808 196 8281 (calls are free) or 0114 226 3636. They are available 24 hours a day, seven days a week.



Alcoholics Anonymous:

Free national helpline: 0800 9177650

Find a meeting near you on their website: <https://www.alcoholics-anonymous.org.uk/>

