



# **MENTAL HEALTH AND WELLBEING SUPPORT OVER THE WINTER BREAK 2020**

This year is not exactly going to be a 'normal' festive period by any stretch of the imagination! Whether you've already travelled to stay with friends or family, are thinking of doing so or are staying in Wakefield, we wanted to give you a heads up and a few ideas about support that might help over the holidays.

The following are brilliant services and helplines which might be useful to you. Remember 'It's Good to Talk'. You will find an ear to listen to you and you will find support.

## **STUDENT MINDS**

A great starting place is Student Minds, the UK's student mental health charity. They have created Student Space, a 24/7 wellbeing resource offering expert information and advice to help you through the challenges of Coronavirus. Given the uncertainty of the pandemic, you may be worried about what might happen during the Christmas break. You can find a range of articles to help you think about, plan for and manage Christmas;

- [Deciding whether to go home](#)
- [Preparing to go home](#)
- [Making the most of your time at home](#)
- [Staying at university over the Christmas break](#)
- [Going home but not wanting to](#)
- [Worrying about not being able to go home](#)

## **IN CRISIS**

If you or a loved one are in crisis from a mental health issue, there is now a 24-hour mental health helpline for anyone registered with a GP in Wakefield (and Barnsley). The service supports people who are:

- At risk of developing mental health problems
- Diagnosed with common mental health problems
- Accessing mental health support
- Experiencing mental health distress
- Seeking information, advice and support

You can now access this service on **0800 183 0558**. If you are in a different part of the country over Christmas and need this kind of support, you can check out your local services by searching for 'crisis management team telephone number (your location)'.



## FURTHER OPTIONS FOR WELLBEING SUPPORT

### **SAMARITANS**

Confidential support for people experiencing feelings of distress or despair.

**Phone:** 116 123 (free 24-hour helpline)

**Website:** [www.samaritans.org.uk](http://www.samaritans.org.uk)

### **PAPYRUS**

Young suicide prevention society.

**Phone:** HOPELINEUK 0800 068 4141

(Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)

**Website:** [www.papyrus-uk.org](http://www.papyrus-uk.org)

### **MIND**

Promotes the views and needs of people with mental health problems.

**Phone:** 0300 123 3393 (Monday to Friday, 9am to 6pm)

**Website:** [www.mind.org.uk](http://www.mind.org.uk)

### **RETHINK MENTAL ILLNESS**

Support and advice for people living with mental illness.

**Phone:** 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

**Website:** [www.rethink.org](http://www.rethink.org)

### **ANXIETY UK**

Charity providing support if you have been diagnosed with an anxiety condition.

**Phone:** 03444 775 774 (Monday to Friday, 9.30am to 10pm; Saturday to Sunday, 10am to 8pm)

**Website:** [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

### **SANE**

Emotional support, information and guidance for people affected by mental illness, their families and carers.

**SANEline:** 0300 304 7000 (daily, 4.30pm to 10.30pm)

**Textcare:** comfort and care via text message, sent when the person needs it most:

[www.sane.org.uk/textcare](http://www.sane.org.uk/textcare)

**Peer support forum:**

[www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum)

**Website:** [www.sane.org.uk/support](http://www.sane.org.uk/support)

### **ALCOHOLICS ANONYMOUS**

**Phone:** 0800 917 7650 (24-hour helpline)

**Website:** [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

### **NATIONAL GAMBLING HELPLINE**

**Phone:** 0808 8020 133 (daily, 8am to midnight)

**Website:** [www.begambleaware.org](http://www.begambleaware.org)

### **NARCOTICS ANONYMOUS**

**Phone:** 0300 999 1212 (daily, 10am to midnight)

**Website:** [www.ukna.org](http://www.ukna.org)

### **REFUGE**

Advice on dealing with domestic violence.

**Phone:** 0808 2000 247 (24-hour helpline)

**Website:** [www.refuge.org.uk](http://www.refuge.org.uk)

### **RAPE CRISIS**

To find your local services phone:

0808 802 9999 (daily, 12pm to 2.30pm and 7pm to 9.30pm)

**Website:** [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

### **CRUSE BEREAVEMENT CARE**

Cruse are a charity supporting anyone who is experiencing the loss of a loved one.

**Phone:** 0808 808 1677 (Monday to Friday, 9am to 5pm)

**Website:** [www.cruse.org.uk](http://www.cruse.org.uk)

### **CALM**

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

**Phone:** 0800 58 58 58 (daily, 5pm to midnight)

**Website:** [www.thecalmzone.net](http://www.thecalmzone.net)

### **MUSIC SUPPORT**

Music Support's mission is to make sure that no-one in the UK live events industry is left to suffer alone with mental/emotional health issues or addiction.

**Helpline:** 0800 0306789

**Website:** <https://www.musicsupport.org/>