

Additional resources to support your wellbeing this festive period

Resources	<p>Here are some links to some resources which may help someone who is feeling lonely at this time...</p> <ul style="list-style-type: none">• The Campaign to End Loneliness has some great tips and advice for staying connected if you're shielding• Comedian Sarah Millican leads a Twitter campaign for anyone starting to worry about being alone/lonely on Christmas Day, and is now in its 10th year. Use the hashtag #JoinIn• The Jo Cox Commission has launched The Great Winter Get Together which has five great ways people can connect this winter• Mind's online community Side by Side is a safe place to connect with others who understand what you're going through• Join The British Red Cross' Connecting Communities – it can help you connect with your local community and meet new friends, give you guidance about coping with loneliness and offers tips to help others too• Fearne Cotton's Happy Place is a schedule of podcasts and resources to promote physical and mental wellbeing. It includes conversations with wellbeing experts such as Deepak Chopra and Jay Shetty, people sharing their own experiences of mental health such as Russel Brand, Frankie Bridge and Sam Smith, as well as resources to help with wellbeing such as meditations, yoga, crafts and plenty more
Online support services	<p>The online services below can help you to find other people who are experiencing the same things as you. Finding people who understand what you're going through can help in times when you are feeling vulnerable:</p> <ul style="list-style-type: none">• Mind's online community, Side by Side, is a supportive place where you can feel at home talking about your mental health and connect with others who understand• Join Togetherall, the leading online mental health support service in the UK which has professionally

	<p>trained and registered moderators available around-the-clock.</p>
<p>Helplines</p>	<p>If you need advice or someone impartial to talk to, the services below are offering support throughout the festive period:</p> <ul style="list-style-type: none"> • For mental health crisis support you can call the SANEline on 0300 304 7000 between 4.30 and 10.30pm each evening • For mental health help, you can access help via text from Shout. Simply text SHOUT to 85258 for 24/7 crisis support. This service is available for free on major mobile networks, for anyone in crisis anytime, anywhere • Childline is a confidential line offering support for young people under 19 (and their relatives), offering advice about any topic. You can speak to a counsellor by calling 0800 1111 or via one to one chat between 7.30am and 3.30am every day • The Campaign Against Living Miserably (CALM) is a helpline for men and is open from 5pm-midnight on 0800 58 58 58. The CALM webchat is also open during these hours. • Switchboard is a line for LGBT+ support on 0300 330 0630. The helpline is open 10am to 10pm 365 days a year. Or you can email chris@switchboard.lgbt • The Silver Line is open 24/7 for those over the age of 55 offering information, advice and friendship on 0800 4708 090 • For eating disorder support, contact the Beat Helpline on 0808 801 0677. The phone line will be open 4 to 8pm from 24 December to 1 January. Sometimes their lines are busy so, if you can't get through immediately, please try again or try their one-to-one webchat • The national Rape Crisis Helpline is open today and every day from 12pm to 2.30pm and 7 to 9.30pm. The helpline offers confidential emotional support, information and referral details.