

You're not alone this Christmas



Text 85258
www.giveashout.org



0300 123 3393
www.mind.org.uk



0300 7729844
www.nopanic.org.uk



0800 58 58 58
www.thecalmzone.net



0808 808 4000
www.nationaldebtline.org



116 123
www.samaritans.org.uk



0808 808 1677
www.cruse.org.uk

4 TIPS ON HOW TO FEEL A LITTLE LESS LONELY THIS CHRISTMAS:

Limit your social
media usage

Volunteer in your
local area

Consider scheduling a
call with family or friends

Have a look at what
places are open near you

For more support organisations, you can find the Everymind
Mental Health Support Directory on www.everymindatwork.com.

Don't suffer in silence.