

You're not alone this *Festive Season*



Text 85258
giveusashout.org



0300 123 3393
mind.org.uk



0300 7729844
nopanic.org.uk



0800 58 58 58
thecalmzone.net



0808 808 4000
nationaldebtline.org



116 123
samaritans.org



0808 808 1677
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.

