

## Mental health support for adults and children over Christmas

Whether or not Christmas is part of your life, your mental health might be affected by what is happening around you. It's a time of year that often puts extra pressure on us and can affect our mental health in lots of different ways.

This has been a really difficult year and many of us will be feeling overwhelmed, anxious and scared, especially following the move into Tier 4. Please know you are not alone and there is support available. To help over the next few days and weeks we wanted to remind you how you can access mental health support aimed at people in different situations including adults and children:

- **Mind** has some great information specifically around coping with [mental health at Christmas](#), and also specifically around [Coronavirus and Christmas](#).
- **Free your mind** offers wellbeing tips to help support those of you who are currently struggling with your mental health. [www.nhsfreeyourmind.co.uk](http://www.nhsfreeyourmind.co.uk)
- **Kooth** offers confidential online support for **young people aged 11 to 18** at [kooth.com](http://kooth.com)
- Thrive LDN has created a pack of little things you can do to keep yourself well and some useful ways to get support if you are finding it hard: [Ways to improve your wellbeing and accessing further support - Thrive LDN : Thrive LDN](#)
- Whatever you're going through, **Samaritans** are there to listen – **phone 116 123** (free from any phone)
- **Live Well Greenwich** has lots of local support, advice and information if you, or someone you love, are struggling at this time of year. Visit the ['Look After You'](#) hub for local support, ranging from top tips and self-help to support if you're struggling to cope with difficult feelings or behaviours.

You can also **call 0800 470 4831** to talk to a friendly, local advisor. Open every day 8.30am – 6pm, but closed Christmas Day, Boxing Day, 27<sup>th</sup> December, New Years Day and Sun 3<sup>rd</sup> January.