Here at CAMHS we know it can be lovely to have a winter break, but we also know it can be a tricky time of year too, so if you are struggling, please do reach out for support and look after yourself.

See below some links to support and self-care ideas (click into the underlined links below to find out more )

**Young People:**

<https://www.youngminds.org.uk/young-person/blog/what-to-do-if-you-find-christmas-difficult/>

[**Here are a few tips offered in the spirit of self-care for you to consider**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.charliewaller.org%2Fmental-health-resources%2Fmental-wellbeing%2Fchristmas-wellbeing&data=05%7C02%7Cvicky.gillibrand%40mft.nhs.uk%7Ca2eced4834344c29b68108dc02237a5a%7Cddc77078e8034eeb80cadd03ba7459c4%7C0%7C0%7C638387598640246714%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C20000%7C%7C%7C&sdata=iWD24AkPQub7w%2BHofA0ooFE0DG0SaWT0bPt1xzguG0c%3D&reserved=0)

**Carers and Families:**

Samaritans have some valuable tips and resources to help [**if you’re finding things hard this festive season**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.samaritans.org%2Fhow-we-can-help%2Fif-youre-having-difficult-time%2Fif-youre-finding-things-hard-this-christmas-festive-season%2F&data=05%7C02%7Cvicky.gillibrand%40mft.nhs.uk%7Ca2eced4834344c29b68108dc02237a5a%7Cddc77078e8034eeb80cadd03ba7459c4%7C0%7C0%7C638387598640090456%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C20000%7C%7C%7C&sdata=ZbdJPbDXBr6FI085mx%2Fey40QCDpY1suTITUb7pN%2BBQA%3D&reserved=0)

**Samaritans have got some tips to help,** [**if you’re worried about someone else this festive season**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.samaritans.org%2Fhow-we-can-help%2Fif-youre-worried-about-someone-else%2Fworried-about-someone-this-christmas-festive-season%2F&data=05%7C02%7Cvicky.gillibrand%40mft.nhs.uk%7Ca2eced4834344c29b68108dc02237a5a%7Cddc77078e8034eeb80cadd03ba7459c4%7C0%7C0%7C638387598640090456%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C20000%7C%7C%7C&sdata=fYmt9RgdBdRoqqKZWdhERPDuats3VBOIkiLJ2LdLI9Y%3D&reserved=0)**.**

**Support Contacts**

**NHS:** 111

**GMMH 24/7 help line** 0800 953 0285

**CALM:** 0800585858

https://www.thecalmzone.net/get-support

**Child Line**: 0800 1111 https://www.childline.org.uk/

**SHOUT** (24/7 Crisis text service) – Text 85258

**Papyrus** 0800 068 41 41 https://www.papyrus-uk.org/

**Kooth:** https://www.kooth.com/

**M-Thrive** https://m-thrive.org/about-m-thrive

**CAMHS Drop-In support 27, 28,29 December 2023**

**Drop in at M-Thrive:**

@ the Kath Loke ask for Sophie or Naomi

@wythenshawe lifestyle Centre Ask for Deborah

**Drop in at CAMHS**:

**28th of** December 1-3pm at the **Powerhouse** 140 Raby Street M14 4SL ask for Vicky 0161 549 6055

**29th** of December 12-3 pm at the **Pendleton Gateway** CAMHS 0161 518 5400

**CAMHS Holiday Opening Hours**

**Wednesday 27th—Friday 29th Dec 9:00am—5:00pm**

**Back in on Tuesday the 2nd of January 2024**