

SURVIVING CHRISTMAS

*Useful tips,
contacts and
crisis phonelines
to help at Christmas*

*For more Christmas Self-Help information visit:
mentalwealthperthshire.org.uk*

THE TWELVE DO'S OF CHRISTMAS

Plan ahead:

Break down bigger jobs into a smaller more manageable size such as buying one or two presents at a time or cooking some food in advance and freezing it. Don't try to do everything at once.

Share your worries about Christmas:

The chances are that you will know other people who are going to find it stressful. Why not agree to meet or talk on the phone? Sharing problems often helps, and you'll be assured that what you're feeling is perfectly normal.

Avoid spending money you don't have:

Avoiding overloading yourself with debt will prevent money worries and associated stress into the New Year. Remember Gifts of time and love are the basic ingredients of a truly merry Christmas.

Help Someone

Go make someone else's life better, and watch what happens to yours. Small random acts of kindness like wishing those waiting in long queues a "Merry Christmas" can add smiles to tired faces – and chase away any lurking Christmas blues.

Hold on to your sense of humour

Don't take it all too seriously, loosen up and enjoy the wellbeing effects that lots of laughter brings.

Get enough sleep

Lack of sleep is one sure way of becoming grumpy and in a bad mood. Try to maintain a good sleep routine and you will feel miles better for it.

Make the most of your extra time at home to de-clutter:

De-cluttering tends to have a therapeutic effect on the brain. Why not use any excess time you have to get rid of clutter and make yourself feel good at the same time.

Get Up, Get Dressed, Get Out!

Oversleeping, staying in bed, undressed, un-showered can cause you to feel down and lethargic. So stop the cycle. Get up. Clean up, go somewhere and do something. Anything. (Maybe allow yourself one pyjama day!)

Remember things change

If you are having a difficult time tell yourself that things change and will not always be as hard as they are right now.

Celebrate the Season with Forgiveness

Give the gift of forgiveness. And here's the surprise: You will likely benefit the most from forgiving than the person you forgive.

Drink in Moderation:

Drinking too much alcohol at Christmas to deal with problems will only make things worse. It's best to drink in moderation and avoid binges.

Remember the message of Christmas is one of hope:

Try to observe the season and the spirituality. Take each day as it comes and try to focus on the real meaning of Christmas, the season of Goodwill.

www.plusperth.co.uk



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**A charity and social movement
improving the lives of people
experiencing mental distress.**

Created by PLUS Perth

Christmas Message from the Samaritans

"Dark mornings, long winter evenings and the approach of the holiday season can make life hard to cope with when you are feeling low. If you are going through a difficult time and need to talk to someone, call Samaritans. We'll listen, encourage you to talk about and understand your feelings, in confidence – we won't judge you or give you advice. We don't even need to know your name. 24 hours a day, every day."

Tel: 116 123

Money Worries?

Don't struggle alone

Christmas and New Year is a time when money worries are at an all time high. If you are in financial difficulty, you may feel ashamed or scared and not want to talk to others about it but there is excellent help out there to make sure you are not left to struggle on your own.

Christians Against Poverty:	0800 328 0006
CAB Advice Direct:	0808 800 9060
P&K Crisis Grant:	01738 476900
National Debtline:	0808 808 4000

DOMESTIC ABUSE

The number of domestic abuse cases reported to the police peaks at Christmas time. Historically the festive period sees more calls than any other time of year with the highest number of cases reported on New Year's Day.

National Domestic Abuse Helpline:	0808 2000 247
Male domestic abuse helpline	0808 801 0327
LGBT Domestic Abuse Helpline:	0800 999 5428
Survivor Scotland	www.survivorscotland.org.uk



HELPLINE NUMBERS

24 HOUR/7 DAYS A WEEK

P&K Crisis Helpline:	0345 30 111 20
P&K Emergency Homelessness:	01738 783 430
NHS 24:	111
Women's Aid Helpline:	0808 2000 247
Childline:	0800 11 11



NON - EMERGENCY HELPLINES

Breathing Space	0800 83 85 87
Alcoholics Anonymous	0800 9177 650
Parent Line Helpline:	0800 0282 233
Drinkline Helpline:	0800 7314 314
Narcotics Anonymous UK:	0300 999 1212
LGBT Domestic Abuse Helpline:	0800 999 5428
Rape and Sexual Abuse Centre:	01738 630965



OTHER USEFUL NUMBERS

Chemist Opening Hours:	0800 22 44 88
Perth Citizens Advice Bureau:	01738 450580
Traveline	0871 200 2233
Police Scotland:	101