



Your mental health still matters at Christmas

If Christmas is a difficult time for you, it is important to support your mental health over the festive period

SET REALISTIC EXPECTATIONS

Don't try to do everything! It's okay to say no to things that will stress you out

TAKE TIME FOR YOURSELF

Make sure you have time to relax and do things that you enjoy

STAY CONNECTED

Spend time with your loved ones and people who make you feel good

BE KIND TO YOURSELF

Don't beat yourself up if things don't go perfectly

STICK TO A BUDGET

Christmas can be expensive! Don't put pressure on yourself to buy lots of gifts

Support is available if you need it. Mindline is a confidential listening service that provides a safe place to talk if you, or someone you know, is in distress. Mindline Somerset is open 24 hours a day, 7 days a week.

Somerset
Mindline
0800 138 1692 Freephone
01823 276 892 Local

Here when you need us 24/7
For anyone of any age in Somerset experiencing mental distress or wanting emotional support.