



St. Brendans Help at Christmas

Just because it's Christmas, it doesn't mean caring for your mental health has to be put on hold. You're allowed to take breaks and do things you want to do. We encourage students to **take extra care** of their mental health and wellbeing this festive season.

Christmas can be a very stressful time. It can affect your mental health if you:

- **Wish you didn't have to deal with Christmas** or find it stressful because of other events in your life
- **Feel alone or left out** because everyone else seems happy when you're not
- Feel **pressure to have a "perfect Christmas"** or compare your experiences to others
- Cannot access **services or people that normally help** you
- Have to **spend more money** than normal
- Feel pressure to **not let people down**
- **Miss loved ones**

We want everyone to enjoy their break, using the time to **rest and relax**. We want to remind you to **be mindful of your mental health** during the break and that there is support available if you're struggling.



Emergencies

If you have immediate concerns about your own or someone else's safety, **call 999**. Remember:

- Stay on the phone
- Give as much information as possible, including any medicines or drugs you or someone may have taken
- If you are with someone, stay with them
- Keep any medicines to show the ambulance crew
- The police will not attend if you are calling for an ambulance
- Please avoid visiting Accident and Emergency (A&E) unless you have a physical health emergency

If you need urgent help but cannot speak, **call 999 anyway** - you will be connected to an operator who will ask which service you need.

- If you can't speak but the operator hears something suspicious, they'll connect you to police call handler
- If you can make some noise (for example, whispering) the operator will connect you to the police
- If you can't speak and the operator can't tell what service you need, they'll transfer you to the **Silent Solution system**. This runs a 20 second automated message that will ask you to press 55 to be put through to the police.



Anxiety & Low Mood

[Christmas anxiety and what you can do about it](#)

[Looking after your mental health at christmas](#)

[Young minds - find help](#)

[Christmas and mental health](#)

[Mental health triggers: a guide to a happy christmas](#)

Alcohol & Drugs

[Advice for family members at christmas - living with addiction](#)

[Navigating christmas with an alcohol addiction](#)

[Bristol drugs project](#)



Carers

[Help for carers](#)

Domestic Abuse & Family

[NHS - domestic violence and abuse](#)

[Next Link Plus](#)

[Refuge - national domestic abuse hotline](#)

[Coping with family.](#)

[First Response](#)

Eating Disorders

[Coping with an eating disorder at christmas](#)



Food Banks

South & East Bristol foodbank

North Bristol & South Glos foodbank

Grief & Illness

Coping with grief over christmas

Navigating christmas with a chronic illness

Homelessness

Shelter

Bristol Youth MAPS

LGBTQ+

Sexual and gender identity

MindOut



