

# WELLBEING top tips for the WINTER BREAK

Although often a joyful time of year, we know that that the winter holiday period can be a tough and challenging time for more people than you'd think. There's a change in the routine, and more unstructured time that can feel difficult and overwhelming to manage. You may also feel pressured to feel or present yourself a certain way during this time. We have therefore created this guide to support you to stay well.



## Social Media

Social media can keep your anxiety high for many reasons. Try to have a limit on how much you check on social media. Remove or unfollow accounts that you notice make you feel worse.

## Gaming

Lots of people enjoy gaming and it's fine to include it in your day but it's easy to find yourself playing too much, especially when you don't have so much to do. This can lead to feeling disconnected from friends and family and your mood dropping.



## Keeping a routine

Getting enough sleep is important for our mental health and catching up on some sleep over the holidays is part of switching off and recharging. It might be tempting to stay up late and/or sleep in longer but shifting your usual routine too much can have a negative impact on our mood. If possible, try to maintain a routine where you get up in the morning and go to bed at around the same time each day.



## Socialise

Social contact is so important for our mental health. Spend some time doing activities with family members or friends i.e playing a game, learning a new skill together, or watching a film. Speak to friends and family members over Facetime, Snapchat or Whatsapp. If talking about your feelings is hard for you, just spending time with others can be really helpful. .

## Exercise

Staying active can help both our physical and mental health. You could go for a walk or run outside or do some exercise at home like yoga or HIIT

## Cooking

With more time spent at home, there is more time to help in the kitchen and make some tasty festive treats! There are hundreds of recipes online and many 'how to cook' videos on YouTube



# Where to find help with **WELLBEING** over the **WINTER BREAK**

## Talk to someone



It can be good to talk about your feelings, so think about who you can turn to. It could be someone in your family, a friend, or a helpline that can talk to you about how you might be feeling. Kooth offers free online support too.



**kooth**

[www.kooth.com](http://www.kooth.com)  
[kooth.uk](https://kooth.uk)

Visit the Education  
Wellbeing Service YouTube  
channel for informative  
videos about different  
wellbeing topics



[https://www.talkofftherecord.org/  
sutton/](https://www.talkofftherecord.org/sutton/)

This Sutton counselling service is a free service for young people aged 11-25 in Sutton.



[www.mind.org.uk](http://www.mind.org.uk)  
has information and support for when you are living with a mental health problem or supporting someone else who is



### NHS 111 - urgent mental health helpline

You can contact NHS 111 any time to access support for your health. To get urgent mental health support, [call 111](https://111.nhs.uk) and select option 2.

Visit the [NHS 111 England](https://111.nhs.uk) and [NHS 111 Wales](https://111.nhs.uk) websites to learn more, including other ways to get support.

### Crisis Numbers

24/7 Mental Health Crisis Line 0800 028 8000  
**(CAMHS) Crisis Line 0203 228 5980**  
(Mon-Fri 5pm-11pm) (Sat-Sun and bank hol 9am-11pm)

## Other SUPPORT SERVICES that you can access during this time



### SLP CAMHS Crisis Helpline

## SLP CAMHS Crisis Line

Urgent mental health support  
for children and young people in  
South London

**0203 228 5980**

Opening hours: 9am – 11pm  
365 days a year



Young Minds offers tailored information, advice and support to parents and carers who are concerned about their child or young person's mental health. You can speak to us over the phone, or chat to us online.

You can use our Helpline service ([0808 802 5544](tel:08088025544).) if you are the parent or main carer of a child or young person aged 25 or under. Our service is available across the UK. It is free and confidential.



Advice and support for parents and carers. For more information please visit the Childline Website by [clicking here](#) or Call 0800 1111

### Domestic abuse and Violence Against Women and Girls (VAWG) support services



Refuge - Independent Domestic Abuse Advocacy (IDVA) provide free, confidential, non-judgmental and independent support and advice to anyone aged 16 and over who is experiencing domestic abuse.

Contact the National Domestic Abuse Helpline for free 24/7 on 0808 2000 247  
[www.refuge.org.uk](http://www.refuge.org.uk)

For support services in Sutton for Domestic Abuse go to [www.notaloneinsutton.org.uk](http://www.notaloneinsutton.org.uk)



Sutton Women's Centre -  
We offer a range of services including:  
counselling  
classes and courses including art therapy, exercise and mindfulness  
regular meet-up sessions  
computer literacy and job skills  
The Freedom Programme  
Ask Me Domestic Abuse Ambassador training

## Everyone deserves a life without domestic abuse

For support, visit Sutton DASS  
women-only 'One Stop Shop':

Every Wednesday 9.30am – 11.30am

We have a new location:  
Thomas Wall Community Lounge  
64 Robin Hood Lane  
Sutton SM1 2RG  
(next to the Robin Hood Pub)

Sutton DASS is a LGBTQI+ and  
Global Majority inclusive service

**020 8092 7569**  
[cranstoun.org](http://cranstoun.org)



[Hestia refuge accommodation service](#)

If you are looking for a refuge space, call 0808 169 9975 or email [refuge.space@hestia.org.uk](mailto:refuge.space@hestia.org.uk).

Lines are open Monday to Friday, 10am to 4pm.

