



# Surviving Christmas and New Year 2016

## Edinburgh Edition

Inside this leaflet you will find brief information about a range of services that can offer support over Christmas and New Year.

For bespoke information sent directly to you, please contact our information centre 0131 243 0106. This is a confidential service, offering information and guidance about keeping well in Edinburgh. You can also email us at [information@health-in-mind.org.uk](mailto:information@health-in-mind.org.uk)

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This 'Surviving Christmas and New Year' is based on a leaflet produced by the FAST group in West Dumbarton and the Fife Adult Protection Committee

## Introduction

It can seem that everyone around us is having a great time at Christmas and New Year, but it can be a really hard time for many of us.

There is extra stress around this time of year. For example, worrying about money, seeing family, heating the house, or going out where there is a lot of drinking.

This guide brings together a range of support and services that are here to help.

Health in Mind is Edinburgh's local mental health and wellbeing charity. We provide a range of services to help people live the way they want to live. Services include:

- Befriending
- Counselling - inc specialist support for survivors of childhood abuse
- Homelessness Prevention in SE Edinburgh
- Information Resource Service - help to find the support you need to keep well
- Support for older people - information services and groups for people with dementia and their carers
- Support for people from ethnic minority backgrounds
- Trauma support services

Contact 0131 225 8508 or email [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

## Keeping well

Here are some ways that people keep well at Christmas. These are just a few things that people have told us help them. Different things work for different people .

I try to keep in my normal routine as much as possible.

I try to remember it's only a couple of days and things will be back to normal soon.

I go out for a walk when family life is getting too much for me.

I used to feel like I had to take part in Christmas and New Year. But now, they are just ordinary days for me and that's much easier.

I get a new book out of the library because I know that there will be nothing on TV that I want to watch.

## 10 tips for getting through Christmas

1. Make sure you have enough medication to cover the time when the Doctor and Chemist are closed.
2. Work out a budget and stick to it.
3. Think about little things you can do each day to keep you well, for example, a nice warm bath or wrapping up and spending time outside.
4. Plan out meals so that you have enough food in the house to cover the days when the shops are closed.
5. Plan a routine and follow it each day.
6. Try to be honest with family and friends if things are feeling overwhelming.
7. Remember it's OK to cancel plans if you don't feel up to going out.
8. Talk to your support worker, or people who support you, about how you will cope with Christmas now.
9. Try not to compare yourself and your Christmas to those you see on TV or on social media. You are not alone in finding things hard.
10. If things get too much, talk to someone

## Emergency contacts

### Mental health specific

<b>Edinburgh Crisis Centre</b> (open 24/7)	0808 801 0414
<b>Mental Health Assessment Service</b>	0131 537 6000
<b>Social Care Direct</b> (9 - 5pm)	0131 200 2324
Out of hours and holidays	0800 731 6969

### You're not alone. Some places who are here to listen

<b>Samaritans Local line</b>	0131 221 9999
<b>Samaritans Nationals Line</b>	116 123
<b>Breathing Space</b> (open 6pm - 2am)	0800 83 85 87
<b>Saneline</b> (open 6pm - 11pm)	0300 304 7000
<b>Silverline</b> (For older people)	0800 4 70 80 90
<b>CALM helpline</b> (Suicide prevention for men)	0800 58 58 58
<b>Papyrus Hopeline</b> (Young people under 30)	0800 068 41 41

# Health and Support with Addictions

## Health

<b>Health in Mind Information Line</b> (Mental health specific)	0131 243 0106
<b>NHS 24 (including dentist)</b>	111
<b>LGBT Health and Wellbeing Centre</b>	0300 123 2523
<b>NHS Inform helpline</b>	0800 22 44 88
<b>Sexual Health Centre</b>	0131 536 1070
<b>TAP</b> (GP access for people who are homeless)	0131 240 2810

## Support with Addictions

<b>Alcoholics Anonymous</b> <a href="http://aa-Edinburgh.org.uk">aa-Edinburgh.org.uk</a> for local meets	0800 917 7650
<b>Drinkline Scotland</b> <a href="http://drinkaware.co.uk">drinkaware.co.uk</a>	0800 7 314 314
<b>Narcotics Anonymous</b> <a href="http://ukna.org">ukna.org</a>	0300 999 1212
<b>Gambling Anonymous</b> <a href="http://gascotland.org">gascotland.org</a>	0370 050 8881

## Housing, Money and Advocacy

### Housing

<b>Access Point</b>	0131 529 7438
<b>Edinburgh Housing Advice Partnership</b>	0131 442 1009 or 0845 302 4607
<b>Shelter's Housing Advice Line</b>	0808 800 4444
<b>Home Energy Scotland</b> (for advice and help heating your home)	0808 808 2282

### Money

<b>Edinburgh Citizen's Advice</b>	0131 557 1500
<b>Scottish Welfare Fund</b>	0131 529 5299

### Advocacy / Legal

<b>Advocard</b>	0131 554 5307
<b>Partners in Advocacy</b>	0131 478 7723
<b>Legal Services Agency</b>	0131 228 9993



## Free and Low Cost Food

### Foodbanks

You must be referred by an agency to get a Foodbank Voucher. Contact Citizens Advice, your GP, or social care direct.

**Trussel Trust** have several foodbanks across Edinburgh. Contact central foodbank for referral details 0131 202 9130 or see [trusselltrust.org/get-help/find-a-foodbank](http://trusselltrust.org/get-help/find-a-foodbank)

**Basics Banks** run by Edinburgh City Mission, call 0131 225 9445 for referral details.

### Free / Low Cost Food

**Care Van** 0131 225 9445  
Bethany Christian trust and Edinburgh City Mission van, offering food, clothing and friendship to rough sleepers / people in hostels

**Grassmarket Community Project** 0131 225 3626  
Free meal on Mondays from 4 - 5,30 pm.

## Keeping Safe and Emergency Services

### Safety

<b>Rape Crisis Edinburgh</b>	0131 556 9437
<b>Rape Crisis Scotland (6pm - 12am)</b>	0808 801 0302
<b>Edinburgh Women's Aid</b>	0131 315 8110
<b>Scottish Women's Aid (24hr helpline)</b>	0800 027 1234
<b>LGBT Domestic Abuse Helpline</b>	0300 999 5428 or 0800 999 5428
<b>Victim Support</b>	0345 603 9213

### Emergency contacts

<b>Emergency Services</b>	999
<b>Police (non emergency)</b>	101
<b>Gas emergency line (if you smell gas)</b>	0800 111 999
<b>Scottish Gas</b>	0800 048 0202
<b>Scottish Power</b>	0800 092 9290
<b>Scottish Hydro Electric</b>	0800 980 0415

## Support for Carers

### Local support

<b>VOCAL</b>	0131 622 6666
<b>Carer for Carers</b>	0131 661 2077
<b>Edinburgh Carer's Council</b>	0131 270 6087 or 270 6089
<b>Carers Support Project</b>	0131 557 0718

Vocal will be open for three days between Christmas and New Year, offering a space for carers to come and get some time out for themselves.

Workers will be on hand to offer info and advice, and there will also be workshops, café, groups and more!

Call 0131 622 6666 for details.

## What's Open on 25 December?

It can be good to go out and be with others on Christmas Day. Here are some places that will be open. It is a good idea to try and call in advance if you can.

**Crisis Skylight** (North East) **0131 209 7700**  
Open 25 and 26 for Christmas dinner, free and open to people who are homeless or at risk of homelessness.

Crisis Skylight are also holding an open event in partnership with Appetite For Change, for vulnerable people including families. Free Christmas Lunch - tel **07786 414 836** .

**Currie Community Centre** (South West) **07511 214926**  
Open on 25 December for free Christmas Lunch, open to anyone, but especially for anyone who is 65+. Contact Kasim 07511 214926

**Edinburgh Crisis Centre** **0808 801 0414**  
Open all year round in times of mental health emergency. Contact via phone initially for face to face appointment.

**Serenity Café** (South East / Central) **0131 556 8765**  
Open for Christmas Dinner for people in recovery, even if you have never been to Serenity before. Turn up on the day or call in advance.

**Salvation Army** (South West) **0131 346 2875**  
Open for Christmas day lunch, with festive entertainment. Free and open to all. Booking preferable.