



# Wellbeing News



Crigglestone St James CE Primary Academy

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## Merry Christmas?

Understandably, Christmas can be difficult for anyone, at any point in their life. You might be struggling with this time of year for the first time or you may have found Christmas difficult in the past, and you're dreading it again this year. Because of family changes or financial constraints, you may not be able to celebrate it how you'd like to. Or you might find some parts enjoyable, but other parts stressful.

While school is closed, make sure you take a well-earned rest and refuel your 'batteries.' Do some things that make YOU happy: go for a walk, read a book, meet up with friends, ring that person who you never get around to calling. Hopefully, by doing this we can all pass some kindness along and make it a more enjoyable time.

If you are struggling, remember to reach out and talk. If you haven't got someone you can speak to, then put the list below somewhere safe and use the numbers if you need them.

You can call or check out the following websites:

The Samaritans on 116 123 or Text SHOUT to 85258

NSPCC (If you are worried about a child) [help@nspcc.org.uk](mailto:help@nspcc.org.uk) or call 0808 800 5000

NHS 24Hour Mental Health Helpline on 0800 183 0558

Turning Point talk therapies [www.turning-point.co.uk](http://www.turning-point.co.uk) or 01924 234 860

Night Owls—a confidential support line for families 0800 148 8244 or text on 07984 392700 (8pm –8am)





## Nine signs of mental illness

healthdirect

What are the symptoms of a mental illness? If a friend or loved one doesn't seem themselves, how do you spot the difference between a bad mood and something more serious?



Feeling anxious or worried



Feeling depressed or unhappy



Emotional outbursts



Sleep problems



Weight or appetite changes



Quiet or withdrawn



Substance abuse



Feeling guilty or worthless



Changes in behaviour or feelings



If you think there is an immediate risk of suicide or self harm, dial triple zero (000)

If you're concerned about a friend or loved one, ask them how you can help. The first step for them should be to see a doctor or other healthcare professional.

