

Help & support
for you & your
loved ones this
Christmas



Christmas is not always the most wonderful time of the year. For many people, the holiday season encourages and exacerbates mental health issues. If this sounds like you, there are things you can do to protect your mental wellbeing.

It can be difficult knowing where to start looking for help and advice so we've pulled our resources together. If you're looking at this online all the pictures/logos have links to the websites where you can find out more.

ACTION FOR HAPPINESS

Action for Happiness helps people take action for a happier and kinder world.

HOW TO BE HAPPY



For thousands of years people have relied on ancient wisdom for ideas about how to live a happy life.

Now this has been put to the test by modern science and research has identified the practical actions you can take today to feel happier.



We know that with the right support, at the right time, people with mental health needs can thrive in their community.

We also know that getting the right support at the right time doesn't always happen; it can be a confusing and long-winded process.

Open Mental Health is a Somerset alliance of local voluntary organisations, the NHS and social care. We are working in partnership to ensure that residents of Somerset get the support they need, when they need it.



With Open Mental Health, we are able to offer out-of-hours support for anyone who feels like they are really struggling with their mental health.

Instead of going to A&E, making an urgent doctor's appointment or suffering in silence, you can visit one of our offices across Somerset in Bridgwater, Yeovil, Shepton Mallet, Taunton, Wells and Glastonbury.

There you will find a supportive member of staff who will be willing to listen and be able to help you with your problems, whatever they may be.



**Somerset Children & Young People
Health & Wellbeing**

This time of year it's important to be taking care of our emotional health and wellbeing, taking time to step outside in daylight and finding experiences that bring us joy.

Here you will find self help, information, resources and ideas for keeping emotionally well this winter and embracing winter wellness



There are little things we can all do to help look after our mental health. Having good mental health helps us relax more, achieve more and enjoy our lives more.

We have expert advice and practical tips to help you look after your mental health and wellbeing, so discover what works for you.



Somerset Suicide Bereavement Support Service is here for anyone bereaved by suicide in Somerset. We offer emotional support as well as guidance through the trauma of sorting out personal affairs. The service operates 24 hours a day, every day of the year.

Fully trained members of staff advise on matters such as liaising with the Police, Coroner's office and faith groups. Most importantly, we are here to listen at a time of great stress and anguish.

Bereavement Support
during the Covid-19 pandemic

The Somerset Bereavement Support Partnership is here to help if you've been bereaved, and need emotional support or someone to talk to due to the impact of the current pandemic.

Call 0800 304 7412
9am to 5pm, Monday to Saturday

In partnership with:

Marie Curie
Mind in Somerset
Somerset Community Foundation
NHS Somerset Clinical Commissioning Group

Mind in Somerset | Registered Charity No. 1109026

The poster has a yellow background on the left with text and logos, and a watercolor illustration of dandelions on the right.

If you've been bereaved and need emotional support, or someone to talk to because of the impact of the current pandemic, we're here to help.

We can support anyone who has recently lost a loved one, and professionals affected by Coronavirus deaths.



Welcome to
**Somerset Recovery
College**



Get Outside in Somerset is helping our community to get outdoors and move in more ways that suit you.

Founded by Somerset Activity and Sports Partnership in partnership with Somerset County Council, Community Council for Somerset, Spark Somerset and Somerset Wildlife Trust, we are here to empower people to get outside more often and enjoy our beautiful county.

Somerset Recovery College offers opportunities to learn about mental health and recovery by providing a unique curriculum designed to increase your knowledge, understanding and skills to equip you with the tools to live a meaningful, productive and fulfilling life.

Hope – Take Control – Opportunity

R;pple is an interceptive tool designed to present a visual prompt when a person searches for harmful keywords or phrases relating to the topic of self-harm or suicide.

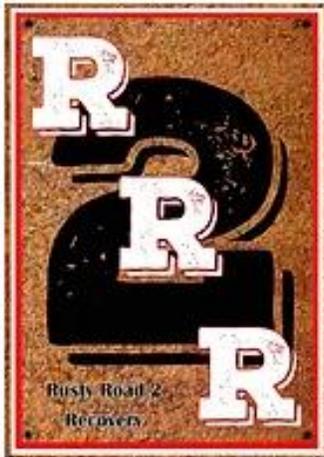
These phrases include any words or terminology which have been identified as displaying potentially damaging online content.



NOT EVERYONE FEELS THE FESTIVE CHEER DURING THE FESTIVE SEASON.

It's normal to have ups and downs at Christmas, just like any other time of the year – even more so in 2021. From worrying about budgets, to choosing who to spend your time with – it's a time that can be full of stresses and struggles.

If you're feeling the winter blues, or just a bit sad at Christmas, you're not alone.



Rusty Road 2 Recovery's primary mission is to help people who are struggling with their mental health and need a bit of help to work out a recovery plan that works for them.

Everybody that works or volunteers at Rusty Road 2 Recovery has experience life with mental health, so if you do want to come along and join us in one of our groups, you won't be alone.

Please have a look at what each of our group can offer. They're based in Bridgwater.

CREATE YOU



Creating art relieves stress, encourages creative thinking, increases brain function by using problem solving skills and imparts other mental health benefits. Creating art provides a distraction, giving your brain a break from your usual thoughts, and you may find yourself in what's known as 'the zone' or a state of 'flow'.

During recent times of worry and lockdown, this has never been more relevant. We have several groups running on [Facebook](#) full of members using art as an escape. They're based in Highbridge.



We wish
everyone all the
best for
Christmas & the
new year.

