

## Supports Available this Christmas

While we hope all of our families will have a happy Christmas this year we know that for some people this can be a difficult time of year. Just in case your family should need any help over the holiday period, we have compiled this list of supports available. If you do need to reach out for support in the holidays, please feel able to contact the school in January (or at any time) to let us know that things have been hard. We are always here to help and never to judge.

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In an emergency call 999.

In an urgent situation, including an urgent mental health situation, call 111 and choose option 2.

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### **Andy's Mans Club**

[ANDYSMANCLUB - It's Okay To Talk](#) .

Sessions will run on 22<sup>nd</sup> December and 5<sup>th</sup> January

### **Campaign Against Living Miserably (CALM)**

Provides a helpline, online and WhatsApp chat, as well as information and support, for anyone affected by suicide or suicidal thoughts.

0800 58 58 58 - open over the Christmas period

[thecalmzone.net](http://thecalmzone.net)

### **Combat Stress**

Treatment and support for armed forces veterans who have mental health problems.

**0800 1381 619**

**07537 173 683 (text)**

[helpline@combatstress.org.uk](mailto:helpline@combatstress.org.uk)

[combatstress.org.uk](http://combatstress.org.uk)

## **Cruse Bereavement Support**

0808 808 1677

The Cruse helpline is open Monday to Friday, from 9:30am. The closing time varies per day, from 5pm to 8pm. You can check [Helpline - Cruse Bereavement Support](#) for more information about their opening hours.

## **Drinkline Scotland**

A free, confidential helpline for anyone who is concerned about their drinking, or someone else's.

You can phone 0800 7314 314:

Monday – Friday 9am – 8pm

Saturday – Sunday 11am – 4pm

Hours may differ over the holiday period.

## **Families Outside**

Supports for families affected by arrest, trial and imprisonment.

Free Scottish helpline 0800 254 0088

Monday to Friday, 9am - 5pm

email: [support@familiesoutside.org.uk](mailto:support@familiesoutside.org.uk)

or text FAMOUT to 60777

The helpline is closed on 25<sup>th</sup>/26<sup>th</sup> December and 1<sup>st</sup>/2<sup>nd</sup> January but emails sent on these days will be picked up the next working day.

## **LGBT Foundation**

0345 3 30 30 30

[LGBT Foundation – A national charity with LGBTQ+ health and wellbeing at the heart of everything we do.](#)

Advice, support and information for people identifying as LGBTQ+.

The LGBT Foundation helpline is open on weekdays 9am to 9pm and weekends 10am to 5:30pm.

## **Men's Advice Line**

0808 801 0327

[Domestic Abuse Helpline for Men | Men's Advice Line UK](#)

Confidential advice and support for men who've experienced domestic violence and abuse by a current or ex-partner, or family member.

The Men's Advice Line is open Monday to Friday, 10am to 5pm.

## **Next Chapter Scotland**

Non-Judgemental Support for people with a criminal record or being investigated for a crime and their families

[support@nextchapterscotland.org.uk](mailto:support@nextchapterscotland.org.uk)

03303557145

The helpline will be closed over the holidays but the email address will be monitored and those requiring urgent support will be responded to.

## **National Domestic Abuse Helpline**

0808 2000 247

[Homepage - National Domestic Abuse Helpline](#)

Free 24-hour helpline for women who have experienced domestic abuse and violence, with all female advisors. Also offers a live chat and can help to find refuge accommodation.

## **Samaritans**

If you need someone to talk to, we listen. We won't judge or tell you what to do.

[Contact Us | Samaritans](#)

116 123 (freephone) - open over the Christmas period

## **Scottish Families Affected by Alcohol and Drugs**

Supporting **anyone** affected by someone else's alcohol/drug use in Scotland.

Contact our Helpline on **08080 10 10 11**,  
[helpline@sfad.org.uk](mailto:helpline@sfad.org.uk) or using the chat on our site.

Our Helpline will continue to support you throughout the holiday period. We'll be offering a mix of live support and our callback service. [Full information here.](#)

## **Shout**

Confidential 24/7 text service offering support if you're in crisis and need immediate help.

[85258](text:85258) (text SHOUT)  
[giveusashout.org](http://giveusashout.org)

## **The Trussell Trust**

Emergency food and support for people in need. Includes a searchable list of local foodbanks.

[Ending hunger together | Trussell](#)

0808 208 2138 (Help through Hardship helpline)

The Help through Hardship line is open Monday to Friday, 9am to 5pm. The helpline is closed on public holidays.

## **With You**

[With You's online chat service](#) has trained recovery workers who can discuss alcohol, drugs and mental health.

The service is open:

- Monday – Friday: 9am – 9pm
- Saturday – Sunday: 10am – 4pm

Hours may differ over the holiday period.