

Mental health and wellbeing at Christmas

Although for most people the Christmas holidays are a happy time, this isn't true for everyone. Problems don't disappear over the festive period and many people struggle with loneliness, mental wellbeing/health issues, personal struggles, financial difficulties and other challenges.

Regardless of the holidays, there is help and support available when you need it most.

This document details help and support that is available in the Bailiwick. Starting with information on how you can help improve your mental wellbeing, moving through the various routes available for support, along with what to do if you are faced with a mental health crisis this Christmas.

There are some things you can do that may help, such as staying in touch with friends and relatives on the phone or by social media. Some people have found it useful to re-connect with a hobby or learn a new skill through an online course. There are also lots of resources you can use to keep you well during your time at home.

Here are some suggestions:

- Go for a walk outside in the fresh air (unless you are self-isolating) or try a [home workout](#) - Please do not leave your accommodation if you are self-isolating
- Try not to be glued to the news
- Think about how you can adapt your daily routine and set new goals
- Borrow an e-book from the [Guille-Allès Library's online selection](#)
- [Learn how to meditate](#)
- Listen to a new podcast such as "Feel better, live more" with Dr Rangan Chatterjee, "Happy Place" with Fearne Cotton, Bryony Gordon's "Mad World" or perhaps the TED Radio Hour Podcast
- Experiment in the kitchen with [some new recipes](#)
- Challenge yourself with a [sudoku](#)
- Pick up an instrument or new craft to help focus your mind and pass the time
- Try a free online course from [Future Learn](#)

If you feel your mental wellbeing is suffering this Christmas there are a number of organisations that can provide advice and support:

Organisation	Description
<u>Every Mind Matters</u>	Tips from the NHS on looking after your mental health while staying at home
<u>GET.gg</u>	CBT self-help therapy resources, including worksheets and information sheets and self-help mp3s
<u>Mind</u>	5 Ways To Wellbeing from the leading mental wellbeing charity
<u>Action for Happiness</u>	A movement aiming to help people take action for a happier and kinder world

If you, or a member of your family, have serious concerns regarding their wellbeing, in the first instance you can call your GP for advice and support. Your GP will have a good knowledge of your history and your circumstances. They will be able to identify changes in your mood and suggest appropriate resources or treatment to help you.

Depending on your circumstances, they can also refer you to the following organisations for support:

- Healthy Minds
- Philippi
- Bereavement counselling
- MIND
- Private counselling
- Secondary Mental Health Services

GP contact details are as follows:

Healthcare Group

High Street Surgery	tel 711237
Cobo Surgery	tel 256404
Rohais Surgery	tel 723322
St Martins Surgery	tel 237757

Queens Road Medical Practice

Queens Road practice tel 724184

Longfrie Surgery tel 264185

Island Health

L'Aumone Surgery tel 256517

St Sampson's Surgery tel 245915

Town tel 724747

Island Medical Centre (Alderney)

IMC tel 822077

Healthy Minds offers short-term therapeutic interventions for adults who have mild to moderate anxiety and depression. Healthy Minds was previously called the Primary Care Mental Health & Wellbeing Service.

The primary aim of the service is to enable people to learn healthier coping strategies to improve their wellbeing and to manage their difficulties themselves.

You can self-refer to Healthy Minds by calling 707744 or emailing healthyminds@gov.gg

More information can be found here: <https://gov.gg/healthyminds>

Over the Christmas and New Year period services provided by the States of Guernsey will continue. If an urgent referral into these services is needed during this period, staff will be on call to carry out the necessary assessments.

The Duty and Intervention team is the gateway to secondary adult mental health services. They receive referrals from GPs, the Emergency Department, Prison, Police and wards at the PEH. This team will provide an assessment within 24 hours for emergency referrals.

Probation services will continue to work with offenders on release from prison. They also run domestic abuse programmes for convicted and non-convicted people.

The Community Drug and Alcohol team (CDAT) work with people over the age of 18 who are dependent on alcohol and or drugs.

Children and Adolescent Mental Health Services (CAMHS) provide comprehensive assessments and treatments for children and young people with mental health problems.

If you are experiencing a mental health crisis this Christmas and already receive support from adult secondary care mental health services, please contact your practitioner or call 01481 725241 and ask to speak to the on call staff member on duty.

If you are not receiving care and support, other than social support, talking therapies etc and are experiencing a mental health crisis you should contact one of the following:

Service	Contact details	Opening hours
Action for Children	01481 700218	9:00am to 5:00pm
Community Advice and Listening Line (C.A.L.L)	0800 132737 Text 'help' to 81066	24 hours a day, 7 days a week
Childline	0800 1111	9:00am to midnight
Guernsey Police	01481 725111 controlroom@guernsey.pnn.police.uk	24 hours a day, 7 days a week
Papyrus/Hope Line UK	0800 068 4141 07860039967 (text only) pat@staging.obscure-seminar.flywheelsites.com	9:00am to 10:00pm weekdays 2:00pm to 10:00pm weekends/bank holidays
Samaritans	Free call 116 123 01481 711030 guernsey@samaritans.org jo@samaritans.org	Monday 8:00am to 10:30am, 6:00pm to 10:30pm Tuesday 8:00pm to 10:30pm Wednesday 10:30am to 10:30pm Thursday 3:30pm to 10:30pm Friday 8:00pm to 10:30pm Saturday 5:00pm to 7:00pm
Social Services Assessment and Intervention Team	01481 723182 multiagencysupporthub@gov.gg	8:45am to 4:45pm Monday to Friday

Service	Contact details	Opening hours
<u>and Multi Agency Support Hub (Swissville)</u>		
<u>The Youth Commission, including The HUB</u>	01481 756099 <u>info@youthcommission.gg</u>	24 hours a day, 7 days a week

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