



Staying Well Over the Festive Season

The festive season can sometimes be a difficult time of the year, especially when you are around people who do not see you for who you are.

In this “Stay Well Pack” you will find lots of helpful suggestions on how to support yourself, as well as important information on where to contact if things become too overwhelming.

If your living situation becomes too difficult to manage, it is important to remember that there are services out there to support you. There is a list of services at the end of this document. **In emergencies, please call 999.**

Self-Care

When we are navigating a difficult period, it is important that we take extra care of our wellbeing. During the festive season, it may be even more important to take moments away from Family and Friends, to regulate and reconnect with ourselves and supportive networks. On our website we have a number of resources to help with this, some particularly worth looking at are:

- [Your 3 C's](#)
- [5 Ways to Wellbeing](#)
- [Breathing Techniques](#)

When you are spending time with Family and Friends, it may be helpful to focus on the Festive Activities (such as games or TV shows) to regulate interactions and pull them away from any unwanted conversations.

Affirming Connections

When we are spending time with people who don't see us for who we are, it is important that we regularly connect with those who do. During the festive period, this may be even more important. Some suggestions are:

- Stay regularly connected with your LGBTQ+ network or supportive individuals within your life.
- Ask your supportive Folx if they are able to affirm your identity more frequently during this period, to counteract any moments where it is felt to be challenged.
- Organise additional or alternative (Zoom) festivities with your LGBTQ+ network.

Support and Suggestions from Our Young People and Community

Our fabulous Young People also have some helpful suggestions on how to Stay Well during this period:

- Make yourself a Music Playlist and maybe even make this a shared one with friends so you can stay connected and share music!
- Enjoy lots of yummy food!
- Make sure you make time for yourself – go out for walk if it's hard to find space where you are.
- Stay connected with LGBTQ+ friends.
- Keep reminding yourself that you are wonderful just as you are!
"You're strong and your identity is valid".



Finally, [click here](#) to watch video from our community with some extra tips

Further helplines and support

Mermaids: Helpline (9am-9pm Monday to Friday) – 080 801 0400

Web Chat (9am-9pm Monday to Friday) <https://mermaidsuk.org.uk/young-people/>

[opening hours over the festive season](#)

Christmas Day 10.00 - 16.00

Monday 28th 10.00 - 16.00

Friday 1st 10.00 - 16.00

Monday 4th 10.00 - 16.00

Switchboard: Phonenumber (10am – 10pm Every day) – 0300 330 0630

Online Messaging Service – <https://switchboard.lgbt/>

Text Service – Message “Switchboard” to 85285

Samaritans: Phonenumber (24/7 every day) – 116 123

email: jo@samaritans.org website: www.samaritans.org

Childline: 0800 1111 or 1-2-1 webchats via <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

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