

**Kirklees Mental Health Support Team**

**The Christmas Survival Guide for Parents**

Whilst Christmas is a wonderful time for most, the festive period can be a really difficult time for some families who are experiencing loss, separation, or poverty, which can negatively impact mental health. Just because it’s Christmas, it doesn’t mean caring for your mental health has to be put on hold.

As the Kirklees Mental Health Support Team, we want to provide some tools to support you, as parents, through the festive season.

Attached are the following resources: -

* The A-Z of a more relaxed Christmas
* The Christmas wellbeing planner
* Mental Health support numbers

We have also listed some website links below, which you might find useful: -

<https://parentsonline.co.uk/> - Chat service is available from 6pm to 9pm Monday to Friday.

[www.actionforchildren.org.uk/how-we-can-help/get-parenting-support/](http://www.actionforchildren.org.uk/how-we-can-help/get-parenting-support/) - Includes 1:1 Chat service

<https://www.youngminds.org.uk/parent/> -Includes Parent Helpline and Webchat

<https://www.annafreud.org/parents-and-carers/>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-coping-tips/>

<https://nopanic.org.uk/coping-with-the-festive-season/>

<https://www.familylives.org.uk/advice/divorce-and-separation/coping-with-holidays/coping-with-christmas-when-your-divorced-or-separated/>

<https://www.cruse.org.uk/understanding-grief/effects-of-grief/christmas/>

<https://www.winstonswish.org/coping-with-grief-at-christmas/>

<https://www.papyrus-uk.org/>

https://mindedforfamilies.org.uk/young-people/

We all need a little extra support at times. Our Parent & Community Workers are available for informal chats and advice and can be contacted on parentsmhst@northorpehall.co.uk

Wishing you and your family a Merry Christmas and a Happy New Year.

Best wishes,

Kirklees Mental Health Support Team

01484 343785 / KirkleesMHST@swyt.nhs.uk