

Health and wellbeing is really important.

It is vital that we are all looking after our bodies and minds to keep us fit and healthy.

There are loads of support services across Medway and Swale for children and young people, and this isn't even close to being all of them!

Scan the QR code on the back page to view all of this information online, and be able to click through onto each of these service's websites.



If you are looking for social or creative outdoor and indoor activities in your local area, you should check out the **Everyday Active** website. It has loads of different types of children and young people's clubs and events, you're sure to find something that you'll enjoy. Check out their website at <https://www.everydayactivekent.org.uk/>

To find out more about Healthwatch Medway, visit www.healthwatchmedway.com or, scan the QR code to take you straight there.



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Christmas 2024 Opening Hours for

Children and Young People's Mental Health Support across Medway and Swale



Find all types of mental health support services inside.

If you're looking for mental health and wellbeing support over Christmas but not sure what is available, look no further!

In this handy hand-out, we have made a list of services across Medway and Swale that are open over the festive period.

Crisis Lines

- **Shout** - Shout is the UK's first and only free confidential 24/7 text messaging service. **In an emergency, text 'SHOUT' to 85258.**
- **The Mix** - the Mix is the UK's leading support service for young people under 25. If you are experiencing a crisis, you can text **'THEMIX' to 85258**. The Crisis Messenger Text service is available 24/7 throughout the year, including Christmas Day, Boxing Day, and New Year's.
- **Samaritans** - Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year. Call the freephone on **116 123**.
- **CALM** - CALM's helpline is open 5pm - midnight every day, including through the festive period. Their helpline staff are there to help you explore how you're feeling. Call on their freephone: **0800 585858**.
- **Release The Pressure Helpline** - Don't suffer in silence: **Call 0800 107 0160 or text the word 'KENT' to 85258**. The helpline is open 24 hours a day, 365 days a year. You can also send them a webchat by clicking on the purple webchat box on the right hand side of your screen. <https://www.rethink.org/help-in-your-area/services/advice-and-helplines/release-the-pressure-helpline-kent/>



If you are having an urgent mental health crisis, call 111 and select option 2 to speak to a specially-trained mental health practitioner.

If you think there is a risk to your life, or the life of someone else, please do not call 111. Dial 999 instead.

FEELING STRESSED?

FEELING DOWN?

Why not reach out to one of these services and let off some steam?

If you want, let's take a second to chill and be mindful. Take a breath.

Below is a mindful colouring exercise. Feel free to complete this whenever you like, and remember to take some space and give yourself a break.

You're amazing and you're doing so well!

Take this as a reminder that it is okay to reach out for help, no matter what you're going through. Everyone needs help sometimes!



Online Support

- **Side by Side** - is a supportive online community for anyone experiencing a mental health problem. You can access the community any time, including on Christmas Day and other bank holidays. Side by Side is moderated daily from 8am to midnight. <https://sidebyside.mind.org.uk/>
- **Shout** - Shout's online chat is open 24/7, even throughout the festive period, and on Christmas day. You can visit their website at <https://giveusashout.org/>.
- **Kooth** - is an online service for young people aged 10-25. Once you log in, you'll see lots of different support options and an online chat to speak to a member of Kooth's team. Go to <https://www.kooth.com/home>.
- **24th December 12pm - 8pm**
- **25th December 4pm - 8pm**
- **26th December 12pm - 8pm**
- **31st December 12pm - 8pm**
- **1st January 4pm - 8pm**

Support Apps

What's better than support at your fingertips? For quick access to self-help over the festive period, try these apps.

- **Calm Harm** - to help resist or manage the urge to self-harm.
- **Stay Alive** - a pocket suicide prevention resource.
- **MoodTools** - designed to combat depression and alleviate negative moods.
- **My Bubble** - build your mental health support bubble.

Face-to-face Services

- **North Kent Mind** - North Kent Mind are holding a 'Christmas Drop In' session in Chatham on the 30th of December. Check out their website for more details: <https://northkentmind.co.uk/2024/11/28/wellbeing-services-christmas-drop-ins/>