

St Gregory's Catholic High School

Well Being Newsletter

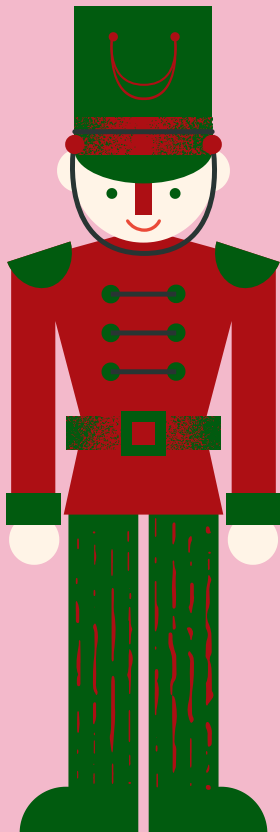
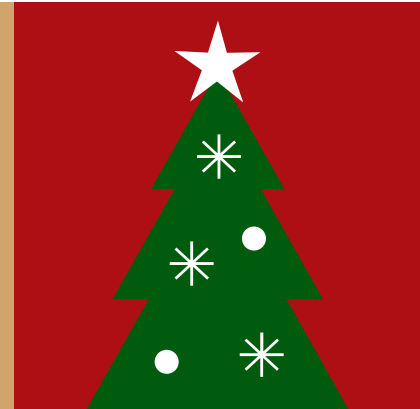
Merry Christmas!

Edition No. 7

Christmas 23

Christmas can affect our mental health and wellbeing in lots of different ways. It's a time of year that often puts extra pressure on us.

If Christmas is a hard time for you, it's important to remember that you are not alone. There are things you can try that might help and this newsletter will hopefully give you some ideas.



Tips for Maintaining Mental Health During the Holidays

- Take a break, and some time for self-care
- Reach out, connect and be kind to others
- Stay active
- Plan your time
- Eat and drink well
- Practice gratitude
- Know and minimize triggers
- Know when to ask for help

@sam.marchetta
#selfhelpsam

Remember that you are not alone. So many others are experiencing the same worry and distress and we should all be kind, understanding and loving to one another, especially to those who are struggling the most





URGENT
CHRISTMAS
APPEAL

If you can afford to, then please donate to the Trussell Trust

Text TRUSSELL then your amount (eg TRUSSELL 5) to 70085

Coping with money worries

It can be tough to cope with the financial pressures of Christmas. This can be especially difficult if you're already struggling with money worries.

You could use the **Turn2Us benefits calculator** (<https://benefits-calculator.turn2us.org.uk/>) to work out what support you're entitled to.

Or you could call Trussell Trust's free helpline for advice on accessing financial support.
Phone: 07583 080 521
Email: info@warrington.foodbank.org.uk



Kooth and Qwell

Let people know you're struggling. It can help to talk to someone you trust about how you're feeling.

You could join an online community to talk others who have similar experiences to yours and connect with people who understand what you're going through.

Qwell is a free digital mental wellbeing support for adults across the UK and Kooth is the same for children aged 11-18 in Warrington.

The Christmas live chat opening times are...

- 24th December (Christmas Eve) - 4pm - 8pm
- 25th December (Christmas Day) - 4pm - 8pm
- 26th December (Boxing Day) - 4pm - 8pm
- 31st December (New Years Eve) - 4pm - 8pm
- 1st January (New Years Day) - 4pm - 8pm

Other days over the holiday period will follow our usual live chat hours of 12pm - 10pm on weekdays and 6pm - 10pm on weekends.

Need urgent help with your mental health?

You can call us 24/7 for FREE

Call 0800 145 6570 if you're age 16 and over and live in Liverpool or Sefton.

Call 0800 051 1508 available for all ages if you live in Halton, St Helens, Warrington and Knowsley.

It's always okay to ask for help. www.merseyside.nhs.uk/urgent-help



Safeguarding children in Warrington this Christmas

Report any safeguarding concerns about a child or young person to children's safeguarding and social work teams during office hours on 01925 443322, press option one followed by option one

Outside of office hours call us on 01925 443322 and press option 2 to go through to our out of hours service

If you believe a crime has been committed, contact the police on 101

We wish all of our St. Gregory's community a happy, holy and safe Christmas.

The safeguarding team

