

# Wellbeing Newsletter



'We walk by faith and not by sight.'

With Christmas fast approaching, monitoring our mental health has never been more important. Please ensure that you take time for yourself and reach out to friends, family or even an external service if you need support. Be sure to check in on your friends and family if they are struggling and need someone to turn to. Here is some information that may be of use. We hope you all have a Happy Christmas filled with love and joy.

Let's keep this  
going for all the people  
who are going through  
a tough time.

For anyone who needs some  
support right now. ❤️

CALM - 0800585858

Mind - 03001233393

No Panic - 08449674848

Bereavement - 08088081677

PAPYRUS - 08000684141

Samaritans - 116 123

SHOUT - 85258

Abuse - 080820005000

Refuge - 08082000247

shout text 85258

