

OUT OF OFFICE

# Help at Christmas

Seasons greetings from Twining Enterprise. This is a difficult time for everyone. From the 24 December until the 4th January we will be out of office. However, remember you are not alone. Help is a phone call away. Listed below are helplines you can contact if you are experiencing mental health problems over Christmas.

Samaritans

116 223 | Jo@Samaritans.org (24/7 | 365 )

Calm

0800 58 58 58 (5.00PM-0.00AM | 365 days)

Shout Text Service

85258 (24/7 | 365)

SANEline

0300 304 7000 (4.30pm-10.30pm weekdays)

The Mix (under 25)

0808 808 4994 (Sunday-Friday 2pm-11pm),

Papyrus HopelineUK (under 35)

0800 068 4141 (9.00AM - 12.00AM / 24/7 | 365)

Switchboard (LGBT+)

0300 330 0630 (10am-10pm every day),

National Domestic Abuse Helpline

0808 2000 247 (24/7 / 365 days)

**You can also call your local NHS mental health crisis line by clicking [here](#)**