

SLEEP

Try and keep
a routine
during the
holidays

TALK

Stay connected
with friends &
family, ask for
help if needed

BREATHE

Christmas can
be a stressful
time, make
sure you relax

MONEY

Don't feel
obliged to spend
money you don't
have available

ALCOHOL

Be aware of
how much
you're drinking.
Know your limit

LOOK AFTER
YOUR
HEALTH
THIS

Christmas

SAMARITANS

116 123

TEXT
SHOUT
85258

CALL **111**
FOR ADVICE
OR **999**
IN AN
EMERGENCY


InHouse
HEALTH