



## Lancashire Mind Support

**Two in five adults feel increased stress and anxiety in the build-up to Christmas.**

**Unwrap what really matters, find out how Lancashire Mind can help support you and your family.**

Christmas can be a joyful time, but it can also feel overwhelming, especially when life is already busy, stressful or uncertain.

However you're feeling this Christmas... you matter.



**Scan QR  
for more  
details on  
support**



[lancashiremind.org.uk/projects](http://lancashiremind.org.uk/projects)



### Adult Therapy Options

Low-cost virtual therapy options, with free places available for people who receive an income or disability related benefit.

### Young People's Hubs

Providing positive mental health support for children and young people, helping them cope with wellbeing challenges.

### Peer Support

Helping young people and adults feel less isolated by connecting them with others who have similar experiences or challenges.

**Visit our website for more details: [www.lancashiremind.org.uk](http://www.lancashiremind.org.uk)**

# Simple ways to look after your wellbeing this Christmas:

Remember - being festive doesn't mean being flawless and real life doesn't stop just because it's Christmas.

## Take a moment to pause

A warm drink, a deep breath, or five minutes of quiet can help you reset when things feel too much.

## Stay grounded if emotions run high

Try noticing five things you can see, four you can touch, three you can hear, two you can smell and one you can taste.

## Set gentle boundaries

It's okay to say no to plans or expectations that don't feel right for you or your family.

## Help in a crisis:

If you, or the person you are with are at immediate risk, go to your nearest A&E or call 999.

For urgent mental health support:  
NHS Mental Health Crisis Line  
(Lancashire & South Cumbria):  
0800 953 0110

Samaritans: Freephone 116 123

## You don't need a 'perfect' Christmas

Children often value time and connection far more than presents or perfection. Focus on what feels real and meaningful.