# A yellow sign with white text  Description automatically generatedOMH Christmas Mental Health Support: Mindline Somerset 24/7 and Crisis Safe Space

The holiday season can be demanding. Whether you’re feeling stressed, anxious, depressed, or just need someone to listen, Open Mental Health [Mindline Somerset](https://openmentalhealth.org.uk/mindline-somerset/) is open 24 hours a day, 7 days a week, throughout the holiday season. And with [Crisis Safe Space](https://bit.ly/crisis-safe-space-somerset) appointments available, too, you won’t need to face mental health challenges alone.

## Mental Health Challenges at Christmas

While the holidays might be exciting for some, they are painful and overwhelming for others. Whether it is money worries, the anticipation of spending time with family, or the stress of preparing for all the festivities, the holiday season can be hard on our mental health.

So, this Christmas, let’s focus on connection and support, prioritise mental health, and spread the word about two services that are here to listen and help: Mindline Somerset 24/7 and Crisis Safe Space.

## OMH Festive Wellbeing Kit

To discover more about these services and the support available to help you stay in good mental, physical and financial health over the holidays, we’ve put together an OMH [Festive Wellbeing Kit](https://bit.ly/festive-wellbeing-kit). It’s packed full of resources and advice; take a look and explore ways to keep yourself well this Christmas.

## Mindline Somerset is Open 24/7 for Christmas

No matter what challenges Christmas might bring, remember that you’re not alone. [Mindline Somerset 24/7](https://openmentalhealth.org.uk/mindline-somerset/) is here to support *you* during the festive season and beyond. Reach out for mental health support at any time of the day or night and get the help you need when you need it.

Mindline is a confidential service and provides a safe place to talk if you or someone you know is experiencing mental health difficulties.

No problem is too small, and you’re not wasting anyone's time. Call Mindline Somerset locally on 01823 276892 or freephone 0800 138 1692.

Alternatively, [Mindline Live Web Chat](https://openmentalhealth.org.uk/get-urgent-help/) is available on the Open Mental Health website every day from 8 pm to 11 pm.

## Crisis Safe Space

[Crisis Safe Space](https://bit.ly/crisis-safe-space-somerset) offers out-of-hours appointments for anyone really struggling with their mental health. Instead of going to A&E, making an urgent doctor’s appointment, or suffering in silence, you can arrange a one-to-one session with a Crisis Safe Space team member who will listen and help.

The safe spaces are supportive environments where someone experiencing a mental health crisis can seek refuge, comfort, and assistance. They offer a calm, secure, and understanding atmosphere, providing a temporary respite for people dealing with overwhelming emotions or thoughts.

Run by Open Mental Health partners  [**Mind in Somerset**](https://www.mindinsomerset.org.uk/) and [**Second Step**](https://www.second-step.co.uk/), Crisis Safe Space appointments are available at locations across Somerset or remotely by phone and Zoom. Whether in-person or remote, you’ll discover a nonjudgmental setting where people feel heard and respected, receive emotional support, and, if needed, receive guidance on accessing additional help or services.

If you or someone you know struggles with an out-of-hours mental health crisis this festive season, check the Christmas appointment times and book a session with Crisis Safe Space by visiting the [**Crisis Safe Space page**](https://bit.ly/crisis-safe-space-somerset) on the Open Mental Health website or calling Mindline Somerset on 01823 276892 or freephone 0800 138 1692.

## The OMH Festive Wellbeing Kit

Our [Festive Wellbeing Kit](https://bit.ly/festive-wellbeing-kit) has resources and advice from organisations across the OMH alliance. You’ll find practical and preventative steps that you can take to keep yourself physically, financially and mentally well over the holiday period. Support options focus on health and wellbeing, families and young people, food and socialising, and loneliness and caring.

### Notes for Newsletter Editors

[**Open Mental Health**](https://openmentalhealth.org.uk/) is an alliance of local voluntary organisations, the NHS and social care, Somerset Council, and individuals with lived experience of mental health working together to improve the way people in Somerset receive mental health support. We provide access to specialist mental health services, including NHS support, housing advice, debt and employment advice, community activities, peer support, and local exercise groups.

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