Resilience for Wellbeing Service

12 Days of Christmas Care

Quarriers
Reach your true potential

Some ideas to help you to look after yourself over the festive period



CELEBRATE YOUR SUCCESS





LOOK BACK ON YOUR PROGRESS

BELIEVE IN YOURSELF





SEND LOVE

UNTANGLE CONFLICTS



LOOK FOR BEAUTY



PRACTICE GRATITUDE





SPREAD KINDNESS



FIND COMFORT IN THE FESTIVE SEASON



SHINE A LIGHT ON YOURSELF



BE THANKFUL FOR WHO YOU ARE



LISTEN TO YOUR FAVOURITE MUSIC



TRY SOMETHING NEW







TREAT YOURSELF



WRAP UP LOOSE ENDS



COSY UP WITH LOVED ONES



LEAVE REGRETS BEHIND YOU





CATCH UP ON SLEEP

Self-help and support during the festive season

NHS Borders Wellbeing Point
www.nhsborders.scot.nhs.uk/wellbeingpoint

NHS24 Mental Health Hub
Call 111
(for urgent mental health support)

NHS Inform
Resources for looking after your mental health
www.nhsinform.scot/illnesses-and-conditions/mental-health/

Togetherall
Online community where people support each other (for over 16s)
https://togetherall.com/en-gb/

Samaritans
24-hour helpline Call 116 123

Breathing Space
NHS24 emotional support helpline (evenings and weekends)
Call 0800 83 85 87

SHOUT
24-hour crisis textline 85258
www.giveusashout.org

Childline
Online, on the phone, anytime
Call 0800 1111 /
www.childline.org.uk

Kooth
Online support service for young people aged 11-18
www.kooth.com

Stay Alive app
For those at risk of suicide and people worried about someone
www.stayalive.app

Brothers in Arms
Thrive app for men's mental health
www.brothersinarmsscotland.co.uk

Resilience for Wellbeing Service
www.quarriers.org.uk/services/borders-resilience-for-wellbeing/

www.quarriers.org.uk