

OUR CHRISTMAS WELLBEING NEWSLETTER | DECEMBER 2025

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As the year draws to a close and the festive season begins, Christmas offers us a valuable moment to pause, reflect, and take care of our wellbeing. In the busyness of school life, it's important to remember that wellbeing is about more than just rest, it's about connection, kindness, and balance. This Christmas newsletter is here to share simple ideas, reminders, and support to help students, staff, and families look after their mental and emotional health, celebrate the positives of the year, and step into the holidays feeling supported and hopeful.

OUR WELLBEING AMBASSADORS

We are proud to congratulate our Wellbeing Ambassadors on successfully completing their training and receiving their certificates. Throughout the program, students developed valuable skills in listening, leadership, and supporting the wellbeing of others within our school community. Their commitment and enthusiasm show a genuine dedication to creating a positive, inclusive, and supportive environment for everyone. We thank them for their hard work and look forward to seeing the positive impact they will continue to make around the school.



FINDING THE LIGHT: COPING WITH GRIEF AT CHRISTMAS

Grief changes us in many ways. And it doesn't just come from dealing with the loss of a loved one. We can grieve a relationship ending, job loss, or even unfulfilled dreams.

The link between grief and mental health is undeniable as grief affects our emotions, thoughts, and physical wellness. Every loss comes with its own unique set of experiences, but it can also offer the chance for self-reflection.



Although grief can feel isolating, you're not alone: it's a universal experience. Healing and moving through grief doesn't mean forgetting, but instead involves learning to live with loss and grow around it. Ultimately, grief recovery isn't about 'moving on', but is about living a life that honours the things or people we have lost while embracing the possibilities that lie ahead.

ADVICE IF YOU'RE STRUGGLING THIS CHRISTMAS:

- Stay connected. Surround yourself with people who understand and support you.
- Look after yourself. Sleep, eat well, and move your body - these basics matter.
- Seek meaning: Volunteering or helping others can bring a sense of purpose.



- Notice small things. A walk in nature, a favourite song, or a quiet moment can offer peace.



- Kindness is king. To borrow from Charles Mackesy: 'You will have critics,' said the horse. 'Try not to be one of them.'
- And of course, if things get too much, reach out early for support.

HELP IS AVAILABLE:

There may not be an obvious reason why someone feels suicidal. But whatever the cause, there is help available.

What can I do if I feel suicidal?

If you don't feel that you can keep yourself safe right now, call 999 or go straight to A&E. If you are experiencing suicidal thoughts and need support, you can:

- call your GP and ask for an emergency appointment
- call NHS 111 for out-of-hours help
- contact your mental health crisis team if you have one

FREE HELPLINES:

- **Samaritans** offer a support service 24 hours a day, 7 days a week. Call them free on 116 123. You can also email jo@samaritans.org Samaritans also have [practical tips on dealing with suicidal feelings](#).
- **CALM** (Campaign Against Living Miserably) has a helpline (5 pm to midnight) and webchat for anyone who's having a tough time and needs to talk.
- **Papyrus** supports people under 35 who have thoughts of suicide and others who are concerned about them. You can call their HOPELINE247 on 0800 068 4141, text 07860 039967 or email pat@papyrus-uk.org . They're open 24 hours a day.
- Mind has information on [supporting someone who feels suicidal](#).



For further support on grief click the link: [Managing our mental health through grief | Mental Health Foundation](#)



COPING WITH AN EATING DISORDER AT CHRISTMAS

Christmas can be a challenging time for anyone coping with an eating disorder, as routines change and there is often extra focus on food and social events. It's important to remember that your wellbeing comes first, and it's okay to set boundaries, take breaks, or stick to the strategies that help you feel safe and supported.



Try to focus on the parts of the season that bring comfort or joy, such as spending time with trusted people, resting, or engaging in calming activities. You are not alone, and support is available reaching out to a friend, family member, teacher, or support service can make a real difference during this time.

- Going for a walk can help to change environment – particularly if your family has got a dog – you'll be doing them a favour at the same time!
- If you can, plan some 'down time' away from the hustle and bustle of the festivities – watching a particular programme during the day, or volunteering to do the washing up while everyone else settles down in front of the Christmas TV!



- Not knowing what's going to happen when and the change to your normal routine can heighten anxiety, so try to plan as much as you can. Just knowing the schedule of the day, and what food will be on the table can help.
- Use stress balls or have something to fiddle with to help with anxiety.

- Focus on the parts of Christmas you do enjoy – decorating the house, sending cards and presents to loved ones, seeing everyone together, the Christmas songs, singing carols etc.
- Put a positive quote as your phone background and screensaver, so you've got something to turn to if things are hard to cope with.
- Prioritise self-care and take some time for you – use the new bath set you've been bought for Christmas, get stuck into a new book or research some mindfulness or meditation techniques.

For further support around eating disorders click on the link: [The UK's Eating Disorder Charity - Beat](#)

4 tips to manage your social anxiety this Christmas



Plan ahead.

Take a few hours to organise your schedule and write a to-do-list for the coming weeks. Developing a plan can help you manage feelings of fear of the unknown.



Ask for help.

Remember that it's okay to feel anxious and ask for help. There are so many external support lines you can reach out to. Don't forget, you're not alone.



Make time for self-care.

Even though the holiday season can be busy, try to make time for yourself and your mental health. Even just a few minutes every day to practice self-care can help manage symptoms of anxiety. You can try meditation, exercise, or self-help books.



Find your support system.

Talk to and spend time with people you trust, whether that is family, friends, or people who have also experienced similar anxiety. If you're nervous about attending a holiday gathering, take that person with you for support.



You're not alone this *Festive Season*



Text 85258
giveusashout.org



0300 123 3393
mind.org.uk



0300 7729844
nopanic.org.uk



0800 58 58 58
thecalzone.net



0808 808 4000
nationaldebtline.org



116 123
samaritans.org



0808 808 1677
cruse.org.uk

4 TIPS ON HOW TO FEEL A LITTLE LESS LONELY THIS CHRISTMAS:

Limit your social
media usage

Volunteer in your
local area

Consider scheduling a call
with family or friends

Have a look at what places
are open near you

For more support organisations, you can find the Everymind Mental
Health Support Directory on www.everymindatwork.com.

Don't suffer in silence.



SELF-HARM SUPPORT:

Alumina is a free, online 7-week course for young people struggling with self-harm. Each course has up to 14 young people, all accessing the sessions from their own phones, tablets or laptops across the UK. The courses take place on different evenings of the week and are run by friendly, trained counsellors and volunteer youth workers. You don't need an adult to refer you or sign you up, and no-one will see or hear you during the sessions – you'll just join in via the chat box. We want to help you to find your next steps towards recovery, wherever you are on your journey.

A promotional graphic for Alumina. It features a purple background with a white laptop in the center. On the laptop screen is a white circle containing a diamond icon and the word 'ALUMINA'. A green banner across the laptop reads 'FREE ONLINE SELF-HARM SUPPORT FOR 10-17 YEAR OLDS'. In the top left corner is a white button that says 'HELP I'M IN CRISIS', and in the top right is a green button that says 'SIGN ME UP'. At the bottom, there are logos for 'PREVIOUSLY selfharm UK' and 'COMMUNITY FUND'.

For more information click the link: <https://www.selfharm.co.uk/>

IS ALUMINA RIGHT FOR ME?

If so...

Alumina could be a helpful step forward. If you sign up we'll begin a conversation over email to work out if it might be a good fit – and you can ask us any questions you have. The only rule we have in Alumina is that we don't talk about suicide in the groups. If that's something you are struggling with thinking about we recommend getting in touch with our friends at **Papyrus** who are better equipped to support you.

Are you...

- 10-17 years old?
- Living in the UK?
- Someone who self-harms or worries they might?
- Looking for support but not wanting to do it face to face?
- Wanting to move towards a life free from self-harm?

THE FOLLOWING ORGANISATIONS OFFER MENTAL HEALTH CRISIS SUPPORT:



- **Samaritans:** Tel 116 123. Operates a 24-hour service available every day of the year.
- **CALM (Campaign Against Living Miserably):** Tel 0800 58 58 58. CALM is a leading movement against suicide. It runs a UK helpline and webchat from 5pm to midnight 365 days a year.



- **PANDAS:** Tel 0808 1961 776. Free helpline and support service for people (or family members) who may be suffering with perinatal mental illness, including prenatal and postnatal depression.
- **Childline:** Tel 0800 1111. Helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.
- **Papyrus:** 0800 068 41 41. Support for teenagers and young adults who are feeling suicidal.
- **Students Against Depression:** A website for students who are depressed, have a low mood or are having suicidal thoughts.
- **Hub of Hope:** A comprehensive national mental health support database. Download the free app, or text HOPE to 85258 to find relevant services near you.
- **Mind:** Tel 0300 123 3393. Provides advice and support to empower anyone experiencing a mental health problem.
- **Relate:** Tel 0300 0030396. Relate are the UK's largest provider of relationship support.
- **GamCare:** Tel 0808 8020133. Support for anyone affected by gambling problems across Great Britain.
- **BullyingUK:** A website for both children and adults affected by bullying.
- **Amparo:** Tel 0300 088 9255. Provides emotional and practical support for anyone who has been affected by a suicide.
- **Shout:** Text 85258. A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.
- **Merseycare:** Tel 0800 051 1508. Dedicated 24/7 urgent mental health crisis helplines, covers Warrington, St Helens, Knowsley and Halton.





YOUTH IN MIND

NHS
Mersey Care
NHS Foundation Trust

WARRINGTON



An **OnSide** Youth Zone

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DROP IN

Monday - Sunday

3.30pm - 7.30pm

A free and discreet drop-in service offering early intervention support to young people aged 7-19 (up to 25 with a disability) who are experiencing challenges with their emotional wellbeing.

No appointment or referral is necessary and young people do not have to be a Youth Zone member to access this support.

Our friendly Key Workers are here to listen, offer advice and guidance, and will introduce you to a range of wellbeing projects and mental health services at the Youth Zone, in your local community, and online.

warringtonyouthzone.org

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Department
of Health &
Social Care

The service is commissioned by Cheshire & Merseyside NHS as part of 'Warrington Place' Starting Well plans to support 'Children and Young People's Emotional and Mental Health & Wellbeing'.

The project delivery is a partnership between Warrington Youth Zone and Mersey Care 'Child & Adolescent Mental Health Services'



NHS
Mersey Care
NHS Foundation Trust

**Warrington
Youth Zone
Dallam Lane
Warrington
WA2 7NG**



warringtonyouthzone.org



Department
of Health &
Social Care

YOUR VOICE MATTERS

IF YOU HAVE ANYTHING YOU
WANT TO SAY - POST IT HERE...



BY THE
PASTORAL
OFFICE
UPSTAIRS -
END OF
ENGLISH
CORRIDOR

USE THIS POST BOX TO TELL US HOW YOU FEEL, ASK FOR SUPPORT, REPORT SOMETHING OR JUST TO HAVE A VENT AND UNLOAD YOUR THOUGHTS ANONYMOUSLY.

YOU CAN ALSO TALK TO THE WELLBEING COUNCIL LEADS - MISS GIEBKA, MRS CHILTON AND MRS HORTON, PLUS ANY TEACHER, TEACHING ASSISTANT, SUPPORT STAFF - EVERY SINGLE MEMBER OF STAFF IS HERE FOR YOU.

VISIT [HEALTHLINE.COM/HEALTH/BREATHING-EXERCISE](https://www.healthline.com/health/breathing-exercise)
FOR SOME CALMING BREATHING EXERCISES

MINDFUL MOMENT:

Practicing mindfulness can have a positive effect on our mental health and wellbeing. It helps us slow down, pay attention to the present moment and develop better self-awareness and focus. In every Wellbeing newsletter we will be including a short, guided mediation video for you to do at home and help build in healthy mental health habits that support managing our students impulsivity and restlessness.

[Peaceful Instrumental Christmas Music: Relaxing Christmas music "The Christmas Pines" Tim Janis](#)



Key contacts/ Help:

Life Signs: www.lifesigns.org.uk are a small self-harm charity that have so much information for people who are currently self-harming and for family members or friends of people who are self-harming. They also have information on cleaning self-harm wounds and treating wounds.

Parent Talk: Down-to-earth parenting advice you can trust. We're here for you, when you need us. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you.

They can be found at: <https://parents.actionforchildren.org.uk>

<https://www.youngminds.org.uk/young-person/your-guide-to-support/reaching-out-for-help/#Howtoaskforhelp>

<https://www.kooth.com/>

A promotional banner for the Kooth app. The background is a solid teal color. In the top left corner is the Kooth logo, which consists of the word "kooth" in a white, lowercase, sans-serif font, with two stylized speech bubbles above the 'o's. In the top right corner is a white rounded rectangle with the text "Log in" in teal. On the left side, there is a video player showing a smartphone screen. The phone screen displays the Kooth app interface with the text "Hey, how do you feel today?" and "Today I feel...". Below the phone is a video control bar with a play button, a progress bar, and a timestamp of "01:30". To the right of the video player, the text "Whatever you're feeling, we're here to help" is written in a large, bold, white font. Below this text is the phrase "Get free, safe and anonymous support." in a smaller white font. At the bottom right of the banner is a yellow rounded rectangle with the text "Sign up for free" in teal.