



# Help at Christmas

Christmas may look a bit different this year and some may find it particularly challenging. The office at Action for M.E. will close from Friday 25 December to Sunday 3 January 2021 but below are some helplines which will be available over the festive period.



**Samaritans** work to make sure there's always someone there for anyone who needs someone. Open 24 hours a day, 365 days a year, whatever you're going through, a Samaritan will face it with you.

Website: [www.samaritans.org](http://www.samaritans.org)

Email: [jo@samaritans.org](mailto:jo@samaritans.org) (24 hour response time)

Freephone: 116 123

Address: Freepost RSRB-KKBY-CYJK

PO Box 9090, STIRLING FK8 2SA

(7 day response time)

**CarersUK** give carers expert advice, information and support. Open Monday to Friday 9am – 6pm (Christmas hours not yet announced). The charity provides information and guidance to unpaid carers.

Website: [www.carersuk.org](http://www.carersuk.org)

Email: [advice@carersuk.org](mailto:advice@carersuk.org)

Freephone: 0808 808 7777

**The Trussell Trust** is working to stop UK hunger and poverty. Its network of foodbanks provides emergency food and support to people in crisis. Open Monday to Friday, 9am-5pm

Website: [www.trusselltrust.org](http://www.trusselltrust.org)

Freephone: 0808 2082138

**The Silver Line** is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

Website: [www.silverline.org](http://www.silverline.org)

Email: [info@thesilverline.org.uk](mailto:info@thesilverline.org.uk)

Freephone: 0800 4 70 80 90

**CALL** offers emotional support and information/literature on mental health and related matters to the people of Wales. Open 24 hours a day, 365 days of the year.

Website: [www.callhelpline.org.uk](http://www.callhelpline.org.uk)

Freephone: 0800 132 737 or text 'Help' to: 81066

**Breathing Space** is a free, confidential phone and web-based service for people in Scotland experiencing low mood, depression or anxiety. Open 6pm to 2am on weekdays and 24 hours at the weekend.

Website: [www.breathingspace.scot](http://www.breathingspace.scot)

Freephone: 0800 83 85 87

**Lifeline** is a crisis response helpline available to everyone in Northern Ireland. *The Lifeline helpline is open 24 hours a day, every day of the year.*

Website: [www.lifelinehelpline.info](http://www.lifelinehelpline.info)

Freephone: 0808 808 8000

Textphone: 18001 0808 808 8000



Wishing you all a merry Christmas and a happy New Year from all of us at Action for M.E.

