

# Keep Calm at Christmas

Looking after your mental wellbeing over the seasonal period

**Christmas and New Year can be a difficult time for many of us. It brings pressures and problems to bear. Here is some advice for Christmas and New Year.**



**Be careful about comparing yourself to others at Christmas.**

Unrealistic media and advertising versions of other people's festive celebrations can make us feel less positive. Be realistic about your own expectations. Make plans for how you will spend the time over Christmas. Build time in for yourself to treat yourself whether it be reading a new book, going out for coffee or a meal.

**Participate in your local community or social groups**

Christmas can be a time of increased loneliness and isolation. Many organisations offer support at Christmas and finding out what is available in your local area may be helpful. Local libraries, community centres, social media and newspapers are good sources of information. Volunteering is one good way of reducing loneliness and having a sense of purpose if you would otherwise be spending Christmas alone. Try to connect into local groups and not spend too much time alone. You might like to go to community Christmas lunches which happen across the city.

**Connect with other people in similar situations**

Don't allow your normal routines to be pushed out of place. Try to go to your regular support groups such as SMART, NA and AA over the holiday period for support. You could even consider going to extra meetings.

**Plan to keep things problem free**

Think about what people or situations may trigger negative feelings or behaviours and figure out ways to avoid them. If going to New Year's party might be a trigger decide to just stop by on New Year's Day and see the same people. Try to avoid people or places that may bring back memories of unhappy experiences or that might cause you to think about misusing substances. If you are unable to avoid these, think about making a plan ahead of time to cope with them as well as you possibly can. Your Recovery Coordinator can help you with this.

**Keep active**

Keeping physically active can help with your mood as well as improve your health. Try to schedule in some time every day for walking, swimming or gardening or whatever activity you prefer. These will all help you to sleep better too.

**Don't give up**

If you have a moment of frustration or sadness then let it pass and go on. Just because you feel bad for a few minutes doesn't mean you give up the rest of the day and use substances to deal with it. Try to let these emotions just pass through you. Remember, no emotion lasts forever, even though it might feel that way at the time. Use distractions, if possible, to turn your attention elsewhere. Use the helplines on this leaflet if you need to. These services understand how difficult this time of year can be and are ready to offer support to those who need it.



**South Tyneside Adult Recovery Service**  
Single Point of Contact: **0191 917 1160**

# Useful Telephone Numbers

## For help and support over Christmas & New Year

	<p><b>Samaritans</b> 116 123 Freephone number 24 hours a day every day Samaritans provides emotional support to anyone in emotional distress, struggling to cope or at risk of suicide</p>
	<p><b>Saneline</b> 0300 304 7000 Between 4:30 pm and 10:30 pm each evening The Saneline helpline is a specialist mental health helpline</p>
	<p><b>The Mix</b> 0808 808 4994 Between 4 pm and 11 pm each evening A confidential helpline service for young people under 25 who need help, but don't know where to turn</p>
	<p><b>The Silver Line</b> 0800 470 80 90 Open 24 hours every day Free confidential helpline for older people. Call Silver Line for information, friendship and advice at any time of the day or night</p>
 <p><b>HOPELineUK 0800 068 41 41</b></p>	<p><b>HopelineUK</b> 0800 068 41 41 Between 10 am and 10 pm every day HopelineUK is a confidential support and advice service for young people under the age of 35 who may be having thoughts of suicide</p>
	<p><b>CALM</b> 0800 585858 Between 5 pm and Midnight each evening CALM offers support to men in the UK, of any age, who are feeling down or in crisis</p>
	<p><b>National Debtline</b> 0808 808 4000 Between 9 am and 8 pm weekdays A debt advice charity run by the Money Advice Trust offering a free and confidential debt advice service</p>
	<p><b>South Tyneside Homefinder</b> 0300 123 6633 Between 8.30 am and 6.30 pm weekdays Your Homefinder Service provides housing advice and assistance to anyone affected by homelessness, fleeing domestic violence and relationship breakdowns</p>
	<p><b>Hospitality &amp; Hope</b> 0191 420 3336 Between 9 am and 5 pm weekdays Services include a food bank, clothing bank and soup kitchen providing support during times of need in South Tyneside</p>
	<p><b>Hebburn Helps</b> 0191 489 9707 Between 10 am and 3 pm weekdays Hebburn Helps aim to help people and families in the community in need and struggling during times of crisis</p>
	<p><b>Initial Response Team (Formerly Crisis Team)</b> 0303 123 1145, Freephone number 24 hours a day every day The Initial response Service provides 24 hour access to mental health care, advice, support and treatment.</p>

# Needle Exchange Christmas Opening Times

<p>Needle Exchange Flagg Court Health Centre South Shields NE33 2PG</p> <p>07889804246</p>	Monday	24.12.2018	9 am – 5 pm
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	Closed
	Thursday	27.12.2018	9 am – 5 pm
	Friday	28.12.2018	9 am – 5 pm
	Monday	31.12.2018	9 am – 5 pm
	Tuesday	01.01.2019	Closed
	Wednesday	02.01.2019	9 am – 6 pm
	Thursday	03.01.2019	9 am – 5 pm
	Friday	04.01.2019	9 am – 5 pm
<p>Bousteads 187 Albert Road Jarrow NE32 5AG</p> <p>0191 489 7477</p>	Monday	07.01.2019	Normal Service Hours
	Monday	24.12.2018	8.30 am – 6 pm
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	Closed
	Thursday	27.12.2018	Normal Service Hours
	Friday	28.12.2018	Normal Service Hours
	Monday	31.12.2018	8.30 am – 6 pm
	Tuesday	01.01.2019	Closed
	Wednesday	02.01.2019	Normal Service Hours
	Thursday	03.01.2019	Normal Service Hours
Friday	04.01.2019	Normal Service Hours	
<p>Cohen's Pharmacy Gibson Court New Road Boldon Colliery NE33 9AN</p> <p>0191 536 4789</p>	Monday	07.01.2019	Normal Service Hours
	Monday	24.12.2018	8.30 am – 6 pm
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	Closed
	Thursday	27.12.2018	Normal Service Hours
	Friday	28.12.2018	Normal Service Hours
	Monday	31.12.2018	8.30 am – 6 pm
	Tuesday	01.01.2019	Closed
	Wednesday	02.01.2019	Normal Service Hours
	Thursday	03.01.2019	Normal Service Hours
Friday	04.01.2019	Normal Service Hours	
<p>Lloyds 2 St John's Precinct Hebburn NE31 1 LQ</p> <p>0191483 2297</p>	Monday	07.01.2019	Normal Service Hours
	Monday	24.12.2018	8.30 am – 6 pm
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	Closed
	Thursday	27.12.2018	Normal Service Hours
	Friday	28.12.2018	Normal Service Hours
	Monday	31.12.2018	8.30 am – 6 pm
	Tuesday	01.01.2019	Closed
	Wednesday	02.01.2019	Normal Service Hours
	Thursday	03.01.2019	Normal Service Hours
Friday	04.01.2019	Normal Service Hours	
Monday	07.01.2019	Normal Service Hours	

# Pharmacy

## Christmas Opening Times

Asda North Road Baldon Colliery NE34 9AR	Monday	24.12.2018	Until 7 pm
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	9 am – 6 pm
	Monday	31.12.2018	Until 7 pm
	Tuesday	01.01.2019	Closed
Asda Coronation Street South Shields NE33 1AZ	Monday	24.12.2018	8 am – 5 pm
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	9 am – 6 pm
	Monday	31.12.2018	8 am – 11 pm
	Tuesday	01.01.2019	10 am – 5 pm
Ashchem Baldon Lane South Shields NE34 0BY	Monday	24.12.2018	8 am – 5 pm
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	9 am – 6 pm
	Monday	31.12.2018	8 am – 11 pm
	Tuesday	01.01.2019	10 am – 5 pm
Ashchem Hebburn Health Centre Campbell Park Road Hebburn NE31 2SP	Monday	24.12.2018	9 am – 6 pm
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	Closed
	Monday	31.12.2018	9 am – 6 pm
	Tuesday	01.01.2019	Closed
Ashchem Glenn Primary Care Centre Hebburn NE31 1NU	Monday	24.12.2018	9 am – 6 pm
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	Closed
	Monday	31.12.2018	9 am – 6 pm
	Tuesday	01.01.2019	Closed
Biddick Hall Pharmacy 47 Gaskell Avenue South Shields NE34 9TQ	Monday	24.12.2018	9 am – 6 pm
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	Closed
	Monday	31.12.2018	9 am – 6 pm
	Tuesday	01.01.2019	Closed
Boots 327 Prince Edward Road South Shields NE34 7LZ	Monday	24.12.2018	9 am – 6 pm
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	Closed
	Monday	31.12.2018	9 am – 6 pm
	Tuesday	01.01.2019	Closed
Boots 30 Bede Precinct Jarrow NE32 3LN	Monday	24.12.2018	9 am – 5.30 pm
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	Closed
	Monday	31.12.2018	9 am – 5.30 pm
	Tuesday	01.01.2019	Closed
Boots 49 – 61 King Street South Shields NE33 1DH	Monday	24.12.2018	9 am – 6 pm
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	10 am – 2 pm
	Monday	31.12.2018	9 am – 6 pm
	Tuesday	01.01.2019	Closed
Boots 15 St James Mall Hebburn NE31 1LQ	Monday	24.12.2018	9 am – 5.30 pm
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	Closed
	Monday	31.12.2018	9 am – 5.30 pm
	Tuesday	01.01.2019	Closed

# Pharmacy

## Christmas Opening Times

Bousteads Pharmacy 187 Albert Road Jarrow NE32 5AG	Monday	24.12.2018	8.30 am – 6 pm
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	Closed
	Monday	31.12.2018	8.30 am – 6 pm
	Tuesday	01.01.2019	Closed
Carter's Pharmacy 114 – 116 Fowler Street South Shields NE33 1PZ	Monday	24.12.2018	9 am – 5 pm
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	Closed
	Monday	31.12.2018	9 am – 5 pm
	Tuesday	01.01.2019	Closed
Norchem Cleadow Park Primary Care Centre 10 Prince Edward Road South Shields NE34 8PS	Monday	24.12.2018	9 am – 6 pm
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	Closed
	Monday	31.12.2018	9 am – 6 pm
	Tuesday	01.01.2019	Closed
Cohen's Pharmacy Gibson Court New Road Baldon Colliery NE33 9AN	Monday	24.12.2018	8.30 am – 6 pm
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	Closed
	Monday	31.12.2018	8.30 am – 6 pm
	Tuesday	01.01.2019	Closed
Darling's Pharmacy 433 Stanhope Parade South Shields NE33 4QY	Monday	24.12.2018	9 am – 6 pm (No px 1.15 pm – 2.30 pm)
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	Closed
	Monday	31.12.2018	9 am – 6 pm (No px 1.15 pm – 2.30 pm)
	Tuesday	01.01.2019	Closed
Edinburgh Road Pharmacy 89 Edinburgh Road Jarrow NE32 4BB	Monday	24.12.2018	9 am – 5.30 pm
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	Closed
	Monday	31.12.2018	9 am – 5.30 pm
	Tuesday	01.01.2019	Closed
Flagg Court Pharmacy Flagg Court Health Centre South Shields NE33 2PG	Monday	24.12.2018	9 am – 6 pm
	Tuesday	25.12.2018	9 am – 6 pm
	Wednesday	26.12.2018	9 am – 6 pm
	Monday	31.12.2018	9 am – 6 pm
	Tuesday	01.01.2019	9 am – 6 pm
Galen's Pharmacy 1 Gordon Street South Shields NE33 4JP	Monday	24.12.2018	8.30 am – 6 pm
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	Closed
	Monday	31.12.2018	8.30 am – 6 pm
	Tuesday	01.01.2019	Closed
Gill Pharmacy 35 Front Street Sunderland SR6 7PG	Monday	24.12.2018	9 am – 5.30 pm
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	Closed
	Monday	31.12.2018	9 am – 5.30 pm
	Tuesday	01.01.2019	Closed
Hogg's Pharmacy 216 – 220 Westoe Road South Shields NE33 3PW	Monday	24.12.2018	8.30 am – 6 pm
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	Closed
	Monday	31.12.2018	8.30 am – 6 pm
	Tuesday	01.01.2019	Closed

# Pharmacy Christmas Opening Times

Lloyds Pharmacy 2 St John's Precinct Hebburn NE31 1LQ	Monday	24.12.2018	8.30 am – 6 pm
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	Closed
	Monday	31.12.2018	8.30 am – 6 pm
	Tuesday	01.01.2019	Closed
	Lloyds Pharmacy New George Street South Shields NE33 5DU	Monday	24.12.2018
Tuesday	25.12.2018	Closed	
Wednesday	26.12.2018	Closed	
Monday	31.12.2018	8 am – 6 pm	
Tuesday	01.01.2019	Closed	
Metro Pharmacy 79 Ellison Street Jarrow NE32 3JU	Monday	24.12.2018	8.30 am – 6 pm
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	Closed
	Monday	31.12.2018	8.30 am – 6 pm
	Tuesday	01.01.2019	Closed
	Neil Pharmacy 47 Fellgate Avenue Jarrow NE32 4LZ	Monday	24.12.2018
Tuesday		25.12.2018	Closed
Wednesday		26.12.2018	Closed
Monday		31.12.2018	9 am – 5.30 pm
Tuesday		01.01.2019	Closed
Neil Pharmacy 95 Wenlock Road South Shields NE34 9BD		Monday	24.12.2018
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	Closed
	Monday	31.12.2018	8.30 am – 6 pm
	Tuesday	01.01.2019	Closed
	Whitburn Pharmacy 7 North Guards Whitburn Sunderland SR6 7EJ	Monday	24.12.2018
Tuesday		25.12.2018	Closed
Wednesday		26.12.2018	Closed
Monday		31.12.2018	9 am – 1 pm & 1 pm – 6 pm
Tuesday		01.01.2019	Closed
Whiteleas Pharmacy 176 Whiteleas Way South Shields NE34 8HP		Monday	24.12.2018
	Tuesday	25.12.2018	Closed
	Wednesday	26.12.2018	Closed
	Monday	31.12.2018	8.45 am – 5.15 pm
	Tuesday	01.01.2019	Closed



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