



**Bradninch
Together**

Mental Health Matters: Open doors, connections and help over Christmas and New Year

By any measures we have come to a difficult and disappointing end of a very strange year ... one in which there have been new challenges and for some additional struggles.

Many of us have adapted, at least to some degree, by developing ways to communicate online. But if we were lucky enough to have found useful

personal supports it's likely they will become less available over the 'holiday period'.

So ... where can we turn if we would like or need to find some personal support ...?

That's what this post is about ... reminding us of where there is an open door and a welcome at this time of year:

Bradninch Together ... remains fully functional over the holidays ... it's an offer of neighbourly support ... we are here for one another and there are people in our

community, people like you, who would be pleased to try to respond to needs you may experience or even just be available to offer a friendly chat. You only have to ask ... hopefully you know who your local coordinator is as a point of contact ... if not, they continue to be displayed on a telegraph pole near you ... or take a look on the website <https://www.bradninchtogether.org.uk/>



Recovery Devon - Christmas Day Chat ... this is an open invitation for anyone who would like to have some company and share and chat or just listen in ... you are invited to 'hang up your Christmas stocking here' for Dec 25th and join a private group on Facebook run by friendly volunteers who know from experience how important personal connections can be ... take a look at: recoverydevon.co.uk/2020/christmas-day-chat-2020/

Samaritans: assure us that, 'We're waiting for your call' and that 'Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.' Call 116 123 any time or email jo@samaritans.org and get a reply within 24hrs for more info see: www.samaritans.org/

CALM ... the Campaign Against Living Miserably ... a well organised charity offering a safe, free, confidential helpline and webchat open every day from 5pm-midnight, including Christmas Day. See www.thecalmzone.net/ or call 0800 585858

Andy's Man Club ... a safe and confidential space for men over 18 years old to talk with men... remains open every Monday except bank holidays ... drop a line to info@andysmanclub.co.uk to book in.

Local NHS mental health services are accessible through Devon Partnership Trust's helpline 24/7 www.dpt.nhs.uk/i-need-help-now 'If you are experiencing mental health distress or worried about someone else's emotional state - support is available from our [First Response Service](#) via our Single Point of Access number 0300 555 5000. It's important to get help quickly. You are not alone.'

And there are many other offers and sources of help available ... if you are looking for help and don't know where to turn please feel free to ask us, in confidence, and we will do our best to respond helpfully.

All good wishes

Glenn, Kate and Sophie For BradTog MHM

Ps. Do let us know if you would like to join the Mental Health Matters interest group or have suggestions or offers to make for future postings