

Our offices will be closed at various points throughout the festive period:

Open: 19th - 23rd
December

Closed: 24th - 27th
December

Open: 28th - 30th
December

Closed: 31st December
- 2nd January

Office hours return to normal (9 - 5, Monday - Friday) from the 3rd of January 2023

**If there is an emergency,
please dial 999**
For a non-emergency: 111

**If you need to talk to
someone or need advice,
you may find the
following services useful:**

Respect Helpline: 0808 8024040

IDAS Helpline: 03000 110 110

Samaritans: 116 123 (Free 24/7)

Mind: 0300 123 3393

**North Yorkshire Living Assistance
Fund (NYLAF):** 01904 550030

**Women's Aid National Domestic
Abuse Helpline:** 0808 2000 247

Rape Crisis National Helpline:
0808 802 9999

**GALOP LGBT+ Domestic Abuse
Helpline:** 0800 999 5428

**ManKind Male Victims of Domestic
Abuse Helpline:** 01823 334244

FOUNDATION
Inspiring independence. Transforming lives.

+Choices

Support over
the festive
period



Between the weather, the cost of living, and the pressures of social events such as Christmas and New Year parties, this time of year can be stressful for us all, so it is important for you to look after yourself during the festive period.

If you have any concerns before the festive period, please contact your Project Officer.

If you cannot reach your Project Officer, or you cannot find their number, call our offices:

York (including Selby, Harrogate and Craven):
01904 557491

Scarborough (including Ryedale, Hambleton and Richmond): 01723 361100

Safety Planning tips:

Plan ahead and be aware of your triggers (e.g., alcohol, family stress, money worries). It is unlikely that you will be able to avoid stress over this period, but using the skills you have learned during your time with us you can manage this stress better,

You may want to use:

- Time out (agree this with your partner)
- 4-7-8 relaxation breathing
- Positive self-talk (e.g., "Things will get better" "I won't remember this next week")
- Reality checks
- Opening up to friends/family

Or whatever else works for you and your family.



**We wish you a
very merry
festive period
and a Happy
New Year!**

2023