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*The Achieve and Learn Trust believes that nothing is more important than safeguarding the young people in our schools.*

*Christmas is often a time for families and celebration, but for some it can also be a time of sadness and stress. This issue focuses on support for those who may need it. We wish you all a happy and safe festive period over the next few weeks.*

## Financial Pressures

From the conversations we have had recently with some of our parents, the cost of living is becoming very difficult for families and we know that can be tough to cope with the financial pressures of Christmas. This can be very difficult if you're already struggling to make ends meet

If money worries are getting too much for you, The debt charity Step Change can help. [Get free debt advice online](#), any time by following the link.

Many of our families find themselves in the position where they need to use foodbanks to support their children. If you have not used one before, but find yourself in need this Christmas, this link will help you locate your nearest Food Bank. [Find a food bank | Trussell](#)



## Mental Health Support; What can I do to get through Christmas?

If Christmas is a hard time for you, it's important to remember that you are not alone. There are things you can try that might help, such as:

Learn about why [Christmas is hard for many people](#)

Read [tips to help you cope at Christmas](#)

Find [ways to support others during Christmas](#)

Discover [useful contacts for finding support at Christmas](#)



## Domestic Abuse

Domestic abuse isn't just physical. It can take many forms, including:

- **Emotional Abuse:** Constant criticism, threats, humiliation, or gaslighting (making you question your reality).
- **Controlling Behaviours:** Monitoring where you go, what you spend, or who you speak to.
- **Financial Abuse:** Restricting access to money or forcing debt upon you.
- **Physical or Sexual Abuse:** Violence, threats of violence, or non-consensual acts.
- **Isolation:** Cutting you off from friends, family, or support networks.

If you feel frightened, unsafe, or controlled in your own home, *trust your instincts*. Abuse is never your fault, and you are not alone. The contact details for the National Domestic Abuse Helpline can be found below.

**Abuse doesn't stop at Christmas,  
but neither does Refuge.**



Refuge's services remain open 24/7  
Contact the National Domestic Abuse Helpline on  
**0808 2000 247**



## Wellbeing support during the holidays

### Beat

A website dedicated to eating disorders and how to cope over Christmas <https://www.beateatingdisorders.org.uk/>

### BRAVE Online

Online CBT for young people living with anxiety <https://www.brave-online.com/>

### Campaign Against Living Miserably (CALM)

0800 58 58 58 [thecalmzone.net](http://thecalmzone.net) Provides listening services, information and support for anyone who needs to talk, including a web chat.

### Camhs Resources

Lots of resources and links from the Camhs <https://www.camhs-resources.co.uk/websites>

### Cruse Bereavement Care

0808 808 1677 [cruse.org.uk](http://cruse.org.uk) Information and support after a bereavement.

### KOOTH

Helpful articles, personal experiences and tips from young people and our Kooth team. Start or join a conversation with our friendly Kooth community. Lots of topics to choose from! Chat to our helpful team about anything that's on your mind. Message us or have a live chat. Write in your own daily journal to track your feelings or emotions and reflect on how you're doing. <https://www.kooth.com/>

### LGBT Foundation

0345 3 30 30 30 [lgbt.foundation](http://lgbt.foundation) Advice, support and information for people identifying as LGBTQ+.

### National Domestic Abuse Helpline

0808 2000 247 [nationaldahelpline.org.uk](http://nationaldahelpline.org.uk) Free 24-hour helpline for women who have experienced domestic abuse and violence, with all female advisors. Also offers a live chat and can help to find refuge accommodation. Run by the domestic violence charity Refuge.

### Samaritans

116 123 (freephone) [jo@samaritans.org](mailto:jo@samaritans.org) [samaritans.org](http://samaritans.org) Samaritans are open 24/7 for anyone who needs to talk. You can visit some Samaritans branches in person. Samaritans also have a Welsh Language Line on 0808 164 0123 (7pm-11pm every day).

### Shout

85258 (text SHOUT) [giveusashout.org](http://giveusashout.org) Confidential 24/7 text service offering support if you're in crisis and need immediate help.

### Switchboard

0300 330 0630 [switchboard.lgbt](http://switchboard.lgbt) Listening services, information and support for lesbian, gay, bisexual and transgender communities.

### Teen Sleep Hub

Resources and advice to help you get a good night's sleep <https://teensleephub.org.uk/>

### YoungMinds

YoungMinds offers free confidential online and telephone support to anyone worried about the emotional and mental wellbeing of a child or young person up to the age of 25. Free parents' helpline - 0808 802 5544 from 9.30am to 4pm, Monday to Friday

Young people can access support and resources on a variety of mental health concerns at [www.youngminds.co.uk](http://www.youngminds.co.uk)

### MASSH

Multi agency safeguarding services support team are contactable for any concerns about a child's welfare on 0161 217 6028

### MOSAIC

Support for anyone up to the age of 26 experiencing difficulties with drugs or alcohol.

<https://www.stockport.gov.uk/start/mosaic-self-referral>