

Life Lounge Christmas Closure (includes all Student Services)

12pm on Friday 20th December 2024
to
8.45am on Monday 6th January 2025

We understand that Christmas and New Year are often viewed as a joy filled time for all but in reality, a lot of us can struggle with these holidays for various different reasons and may find ourselves trying to hide how we feel. Likewise, if we are struggling with our mental health this doesn't become easier just because its Christmas. If you're dreading the holidays, you're not alone and its okay to feel this way.

For those who are happily returning home over the break this may be a time to rest and connect with and spend more time with your loved ones.

For those who may feel that they have to go home for the break even if they don't want to it may be worth thinking about why you're going home and look at the pros and cons. If there's anything you're worried about in returning to home, if its possible, it may be worth speaking with a family member you trust about your worries. If you feel you have no choice but to go it may be worth considering going for a shorter period of time or making plans with friends or to get out of the house to break your days up.

For those staying at university over the break it may be helpful to come up with some plans for the break. This might be trying to maintain some daily structure and trying to keep active. It may involve having a think about who is around at this time of year for you to socialise with. Another way of trying to keep busy and do something positive over the break may be volunteering. The student union have opportunities to volunteer you can view [here](#). Charity Job may also have opportunities you can search and find [here](#).

Though the university is closed there is still a lot of support out there you can access.

The 24/7 Student Support line is a free, confidential service that provides you with emotional and practical support for concerns big or small. It is available to all students.

They offer unlimited access to a telephone helpline, available 24/7/365, and access to hours of wellbeing content through the student portal.

Access this service directly by phone or register to the platform by clicking on the logo above.

Freephone UK: 0800 031 8227

WhatsApp: Text 'Hi' to 07418 360 780

Helplines

The Samaritans

Call: 116 123 Opening Hours: 24/7

Papyrus- Prevention of Young Suicide

Call: 0800 068 4141 Text: 07860 039967

Email: pat@papyrus-uk.org

Opening Hours: Weekdays 10am - 10pm /
Weekends 2pm - 10pm / Bank Holidays 2pm
- 10pm

Shout Crisis Textline

Text: SHOUT to 85258 Opening Hours: 24/7

Greater Manchester Mental Health

NHS Trust Helpline

Call: 0800 953 0285 Opening Hours: 24/7

Refuge

Domestic Abuse Helpline: 0808 2000 247

Opening Hours: 24/7

ManKind

Confidential helpline for male victims of
domestic abuse/violence

Tel: 01823 334 244 Opening Hours:

Weekdays 10am - 4pm

Galop

For LGBT+ people experiencing abuse or
violence

Telephone: 0800 999 5428 Email:

help@galop.org.uk

Opening Hours: Monday to Thursday 10am -
8.30pm / Friday 10am - 4.30pm

Online Support



togetherall

Join with your Uni email address and
you'll have immediate access to
support

Kooth (for ages 10 to 25)

Free, online 24/7 support for mental
health and wellbeing

Qwell (for ages 26 and over)

Free, online 24/7 support for mental
health and wellbeing

Student Space

Expert information and advice to
help you through the challenges of
student life

Hub of Hope

A search engine that allows you to
find support services near you

Staying Safe

An online resource exploring staying
safe from suicidal thoughts

Self Help Guides

The University's range of self-help
guides covering a wide range of
topics

Find your nearest
food bank



Find a GP to
register with



Want to access the Life
Lounge?

CLICK HERE