Christmas Period Support Contacts

Sport for Confidence stops sessions on Wednesday 17th December 2025 and resumes on Monday 5th January 2026

Sport for Confidence is closed between Wednesday 25th December and resumes Friday 2nd January 2026.

NHS services over Christmas

- **NHS 111:** This service is available 24/7 for urgent health concerns. You can also visit 111.NHS.UK.
- **Pharmacy services:** Some local pharmacies in Essex will be open for limited hours on Christmas Day and New Year's Day. Contact NHS 111 or visit their website for details on specific pharmacy openings
- **For adult social care emergencies:** Contact the Emergency Duty Team at **0345 606 1212**.
- **For urgent concerns about a child out of hours:** Call the Emergency Duty Team at **0345 606 1212**.
- **For immediate safeguarding concerns about a child:** Call the Emergency Duty Team on **0345 606 1212**. This service is available outside of regular hours and on bank holidays.

Mental Health Support

- **NHS 111 (Option 2):** For urgent mental health support, you can call NHS 111 and select Option 2. This service is available 24/7, 365 days a year.
- **Mid and North East Essex Mind:** This service operates a Sanctuary in North East Essex that is open throughout the festive period for those experiencing mental health difficulties.
- **Samaritans:** This is a national helpline available 24/7 for anyone who needs to talk, and it is open throughout the Christmas period. You can call them free on 116 123.
- **Shout:** A confidential 24/7 crisis text service. Text **SHOUT** to 85258 for support.

Domestic abuse support

- **National Domestic Abuse Helpline:** This is a free, 24/7 helpline available to women experiencing domestic abuse. The number is 0808 2000 247.
- **Changing Pathways:** This local domestic abuse charity covers South and South West Essex. Their helpline is open on weekdays, but the national helpline provides 24-hour support.

Homelessness and crisis support

- **CHESS Homeless (Chelmsford):** This charity and shelter operates 24 hours a day, providing support for homeless individuals.
- **Sanctus (Chelmsford):** Providing a Christmas meal and other services for homeless and rough sleepers. You must pre-book by calling 01245 257985.
- **HARP (Southend):** This charity provides hot meals, emergency accommodation, and other vital support for people experiencing homelessness in Essex.
- **SECH (South Essex Community Hub):** Their "Help In Hub" offers emergency food support and other assistance.

Resources

Coping at Christmas Tip - https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-coping-tips/

Christmas and Mental Health - https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-and-mental-health/

Why is Christmas hard? - https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/why-christmas-is-hard/

Supporting Others at Christmas - https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/supporting-others-at-christmas/