

Useful Contacts:

Breathing Space

Tel: 0800 838 587

Line open Mon-Friday 6pm-2am, then 6pm Friday – 6am Monday

Breathing Space is a free, confidential phone line aimed primarily at young men in Scotland (16-40) who are experiencing low mood or depression, and for those who are unusually worried and in need of someone to talk to.

Law Line

Tel: 0808 801 0 801

Website: www.youngscotextra.org

Young Scot Law Line help with legal issues involving, children's panels, benefits/debt/housing, family law, criminal law, compensation claims and mental health tribunals for those ages 11-25.

Get Connected

Tel: 0808 808 4994 (4pm-11pm)

This service provides a unique, free and confidential helpline for young people and signposts you to relevant sources of help.



*Christmas and the Modern
Family*

*A booklet for CHILDREN to 'Surviving
Christmas' if your family are separated or
divorced.*

It is common in modern life for Christmas to be viewed as a time when the whole family gets together, but this can cause unnecessary complications and hurtful emotions if there has been a family breakdown or estrangement.

Separation or Divorce

It can be very confusing when parents split up and Christmas can often become a distressing time because of new family circumstances. There are lots of things that might make you worry, painful memories and reminders of past Christmases can make you feel down and you are unable to have fun, you can sometimes feel pressure or anxiety over pleasing both parents and families, or if you have step-family you can sometimes feel trapped and unsure what to do.

Any of these situations can make Christmas stressful and difficult to get through, especially when it seems like everyone else is having a great time. There are a few things you can do to try and help make Christmas a little easier for yourself.

What can you do?

You can talk to an adult, like a parent or teacher, about any questions you have and speak of any memories, worries or upset you have about Christmas.

You might feel sad, lonely, angry or confused at Christmas but it is normal to feel all these things. Sometimes you might feel lots of different things all at once. It's ok to have mixed feelings, like feeling happy and sad at the same time.

It is important to look after yourself at such stressful times, remembering that it is not your job as the child, to make sure everyone is pleased and happy with the arrangements made.

If you find you are not happy with the arrangements and have concerns or other wishes try and describe how you are feeling to one of your parents, if you are close enough to one, or another family member that you feel comfortable speaking with. This way, you could all work together to make Christmas as good as it can be

Family, Friends and Christmas

Some young people can find themselves feeling frustrated or upset about not getting to spend as much time as they would like with friends, when off from school or college and feel like they are being made to spend time with family instead.

If you're angry, sad or worried, you might want to keep your feelings hidden. But sometimes it helps to talk to someone. Talk to people who are close to you - your family, friends and their families, some of them might have been through the same thing, or teachers and youth workers. If you don't want to talk to someone you know, you could call one of the numbers on the back page.

It is important for your family to know how you would like to spend your time at Christmas and it's important for you to be involved in what your friends are doing over the holidays. By talking through it you might be able to come to a reasonable compromise.

'Surviving Christmas' is a seasonal campaign run by PLUS Perth, a local mental health campaigning charity. To access our 'Surviving Christmas' pocket guide and other helpful resources, please visit www.mentalwealthperthshire.org.uk or call PLUS Perth on 01738 626242.