

Christmas and Your Mental Health



The festive season is often seen as a time of excitement, celebration, and togetherness - but for many people, it can also be a period of increased stress and emotional strain. Balancing expectations, managing finances, feeling lonely, or coping with family pressures can all take their toll.

It's important to remember that it's completely okay not to feel full of festive cheer. Many people find this time of year challenging, whether due to personal circumstances, loss, or simply the pressures of modern life.

If you're finding things difficult, you don't have to face it alone. You are now provided with confidential access to the Tenant Support & Wellbeing Service, a free service offering practical information, emotional support, and professional counselling to help you manage life's challenges.

This service is here for you, day and night

- Free to use and completely confidential
- Available 24 hours a day, 7 days a week - even on Christmas Day
- Support for emotional wellbeing, family or relationship matters, debt or money worries, and much more

Whether you'd like to talk to someone right now or simply explore self-help resources, your TSWS can provide the support you need — whenever you need it.

So, this Christmas, if things feel overwhelming or you just need someone to listen, remember help is only a phone call or click away.



Life & Progress

Call us today in confidence

Freephone **0330 094 8845**
Website **www.tenantcare.co.uk**