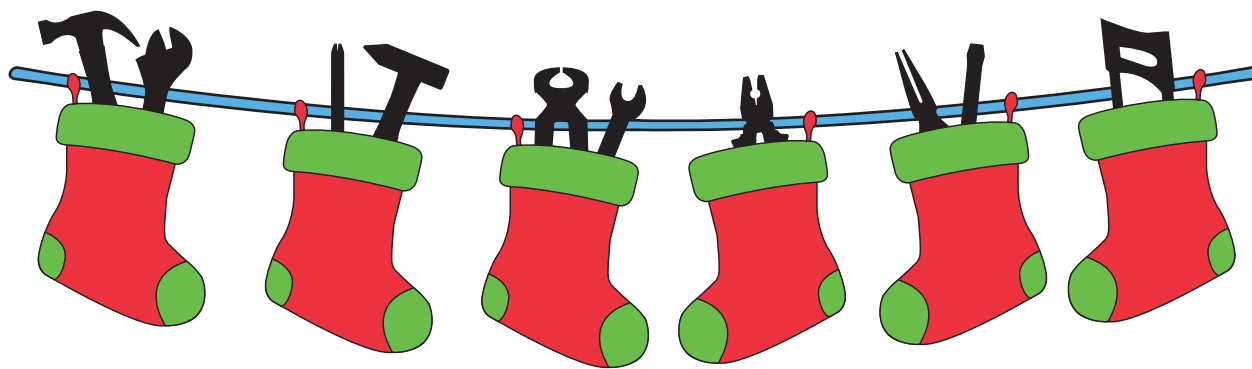


CHRISTMAS TIPS FOR YOUR TOOLKIT THIS CHRISTMAS

The MATES Helpline is available 24/7 throughout the Christmas and New Year holiday period including all the public holidays.

 **0800 111 315**



Christmas is often a time of cheer, togetherness, good food, drinks and gifts. But for a lot of people that isn't the reality at all. In fact for many people, this is the toughest time of year, particularly those experiencing:

- Financial problems
- Child custody/access issues
- Depression, anxiety and/or other mental health problem
- Grief
- Separation/divorce
- Isolation/Loneliness

To help get you through this tough time, we have a few tips:



Keeping active...

Is great for your physical health and also helps improve your mental fitness too



Take a break

Take 5 minutes for yourself to breathe sure you get enough sleep and time to relax



Stay in touch...

With your friends and whanau or connect with people in your community. If you know someone that is alone drop them a line to check in with them



Watch what you eat and drink...

A healthy balanced diet is good for both your physical and mental health. Set limits on how much alcohol you drink and stick to it.



Ask for help...

Talk to someone if you need help. Call 0800 111 315 MATES. 1737 National Helpline.



Keep expectations manageable...

Be realistic about what you can do and remember to set a budget.

The MATES helpline is FREE: **0800 111 315**

From all the team at MATES, we wish you a safe and peaceful holiday season!