

## Christmas Closure

Please note the following dates regarding our registration sessions and closure over the Christmas period:

- Final telephone registration of the year: **Monday 20th December 2021**
- Centre closes: **Monday 20th December 2021**
- Centre re-opens: **Tuesday 4th January 2022**
- First telephone registration of the year: **Friday 7th January 2022**

**For useful self help please visit our website:  
[www.wellwomewakefield.org.uk](http://www.wellwomewakefield.org.uk)**

### Useful Contacts

**If you feel at risk from someone else or that you may harm someone else**

**In an emergency call: 999**

**If it is a non-emergency call: 101**

**Turning Point Talking Therapies:** Mental health support for if your feeling anxious, low or stressed. Closed 25th/ 26th/ 27th/ 28th December. Open as normal 29th/30th. Closed 1st/ 2nd/ 3rd January. Closing early on 24th at 2pm and 31st, 2pm.

**Telephone: 01924 234 860**

**[wakefield.talking@turning-point.co.uk](mailto:wakefield.talking@turning-point.co.uk)**

**Samaritans:** providing 24/7 emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide. Open over Christmas/New year.

**Telephone: 116 123 free from any phone**

**Email: [jo@samaritans.org](mailto:jo@samaritans.org)**

**Housing Needs:** Emergency Line open over Christmas period

**Telephone: 0345 8 506 506**

**Social Care Direct:** are a 24/7 service phone, open over Christmas and New Year

**Telephone: 0345 8 503 503**

**Email: [social\\_care\\_direct@wakefield.gov.uk](mailto:social_care_direct@wakefield.gov.uk)**

**West Yorkshire and Harrogate Grief and Loss Support Line:**

Open daily 8am to 8pm. Also, a chat function also open 8am-8pm every day. There is additional support for key workers impacted by the pandemic. Please call the helpline during the above times.

**Telephone: 0808 196 3833**

**[griefandlossswyh.co.uk](http://griefandlossswyh.co.uk)**

**Mind:** Advice and support to empower anyone experiencing a mental health problem. Closed 25th, 26th, 27th 28th December and 1st, 2nd and 3rd January.

**Telephone: 0300 123 3393**

**[Mind.org.uk](http://Mind.org.uk)**

**24 hour Mental Health Helpline:** 24/7 emotional support line. Open over the Christmas period.

**Telephone: 0800 183 0558**

**WDDAS:** For advice, help and support WDDAS are here to help. Closed 25th, 26th, 27th 28th December and 1st, 2nd and 3rd January.

**Telephone: 0800 915 1561**

**[www.wakefield.gov.uk/health-care-and-advice/adults-and-older-people-services/domestic-abuse](http://www.wakefield.gov.uk/health-care-and-advice/adults-and-older-people-services/domestic-abuse)**

**Food Banks:** across the Wakefield district vary in opening times, details can be found here.

**Telephone: 01924 381119 / 01924 211130 / 01924 369631**

**[wakefield.cityofsanctuary.org/food-banks-and-free-food-sources](http://wakefield.cityofsanctuary.org/food-banks-and-free-food-sources)**