

Holiday Survival Guide

Holidays can be a mixed bag: excitement about the season, time out from school or work... At the same time changes to routine, separation from friends, and family tensions can cause some people to feel stressed, isolated and alone. If you feel things are getting too much there are services open throughout the holidays:

KIDS HELP LINE (ages 5-25) and **LIFELINE** (all ages) are both open 24 hours a day, 7 days a week, and offer free and confidential counselling.



Call 1800 55 1800



Call 13 11 14



EHEADSPACE offers free online and telephone counselling for ages 12-25 from 9am-1am, 7 days a week.

Call 1800 650 890 or go to eheadspace.org.au

YOUR DOCTOR (GP) can provide support. Many doctors and medical centres are open over the holidays.

MENTAL HEALTH HELPLINE can provide information and connect you to local services.

Call 1800 011 511

IN AN EMERGENCY, if you are really worried about your wellbeing and don't think you'll be safe, **CALL 000** or go to the hospital emergency department.



Call 000

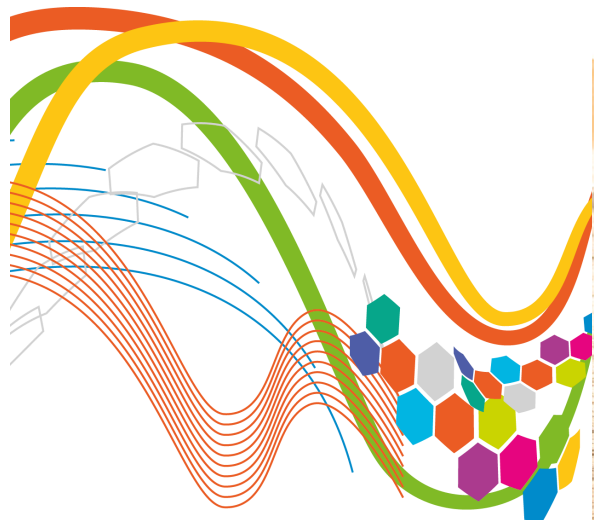


headspace Nowra will be closed from 12pm on Thursday 24 December and will reopen on Monday 4 January.

Turn over for some tips for getting through the holidays.



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STAY CONNECTED! Keep in contact with friends especially those who help you feel good about yourself

KEEP TO A ROUTINE. Get up in the morning, eat at usual meal times

GRAB SOME ZZZ. Most of us need at least eight hours of sleep at night and some of us need more. Go to bed early to get your shut-eye rather than sleeping late.

TUNE INTO MUSIC that relaxes you and lifts your mood. Even better, dance!

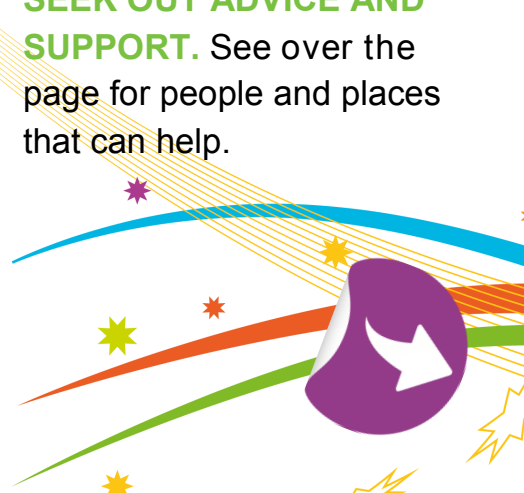
GET MOVING! Get involved in local activities, or go for a walk, swim, cycle, or skate with friends.

Cut down, cut out or **DON'T START WITH ALCOHOL, DRUGS OR SMOKES.** They can fuel arguments and have a really negative impact on your mental wellbeing.

CHECK IN WITH YOUR FRIENDS. They might be feeling lonely, bored or down and find it too hard to make the first move – suggest you meet up.

KEEP IN MIND: Parents, carers and family often get stressed about things at this time of year and might not realise how hard it is for you. Take them aside and let them know if you're struggling or need support.

SEEK OUT ADVICE AND SUPPORT. See over the page for people and places that can help.



Get out and about... Shoalhaven is filled with free stuff to do!

Libraries · Youth centres · Beaches · Parks · Playgrounds · Bike paths
Swimming pools · Art galleries · Bush walks · Picnics · Skate parks · Youth projects
· Community centres · Basketball courts · Cricket and soccer fields
Be a tourist in your own town: <http://shoalhavenholidays.com.au/what-to-do/>