

winter break support guide



advicesu

life at home

We know that not everyone will look forward to going home for the winter break and that's ok

there's a useful article here for preparing to head home: [if you're going home for winter break but don't want to](#)



Speak to someone

there are listening services that operate 24/7, 365 days a year, including

Samaritans

call 116123
or email jo@samaritans.org

HOPELINE UK

call 0800 068 4141
or text 07786 209697

if you've been impacted by a crime:

Supportline

call 0808 16 89 111

Domestic abuse support

visiting your home after a semester away can also highlight behaviour from relatives or friends that makes you feel unsafe or uncomfortable

if you are experiencing any form of domestic, family or relationship abuse, or you're worried about someone you care about, contact the 24/7

National Domestic Abuse Helpline

call 0808 2000 247

