



# HOLIDAY CLOSURE DATES

Our practice site and online services will be closed from 5pm Tuesday 23rd December 2025 until 9am Monday 5th January 2026. We will not be checking emails or taking calls during this time. If you are struggling and need support please contact:



## **Samaritans**

Call 116 123  
[jo@samaritans.org](mailto:jo@samaritans.org)

## **Men's Advice Line**

(male victims of domestic abuse)  
0808 801 0327  
[mensadviceline.org.uk](http://mensadviceline.org.uk)

## **NHS**

Call 111 (Dial 2 for a mental health crisis)

Text **SHOUT** to 85258 for 24/7 crisis support

## **Switchboard (LGBTQIA+)**

Call 0300 330 0630  
[chris@switchboard.lgbt](mailto:chris@switchboard.lgbt)

## **Childline (under 25's)**

Call 0800 1111

## **National Domestic Abuse Helpline**

0808 2000 247  
[nationaldahelpline.org.uk](http://nationaldahelpline.org.uk)

## **Silver Line (over 55's)**

Call 0800 4708 090

**If you don't feel like you can keep yourself safe please call 999 in an emergency**

