

Christmas 2020 Crisis and Support

In the North Northants area



Teamwork Counselling is closed from Monday 21st December 2020 to Friday 1st January 2021 inclusive. We are open again on Monday 4th January 2021. During the closed period you can email us at counselling@teamworktrust.co.uk and we will answer your email on our return.

Remember that there are other places where you can seek support over the Christmas period.

Crisis Cafes across the county are covering much of the Christmas period.

Corby Mind 18 Argyll Street, Corby, NN17 1RU 01536 267280

Usual hours Thursday and Friday 5 pm – 10 pm Sunday 2pm – 8pm

Kettering Mind 49-51 Russell Street, Kettering, NN16 OEN 01536 523216

Usual hours Tuesday, Wednesday, Thursday 12 – 11pm

Wellingborough Mind 14 Havelock Street, Wellingborough, NN8 4QA 01933 223591

Usual hours Thursday and Friday 12 – 10 pm, Saturday 2 pm – 8pm

Rushden Mind Phoenix House, Skinners Hill, Rushden, NN10 9YE 01933 312800

Usual hours Monday, Tuesday, Wednesday 12 noon – 12, Sunday 2 pm – 8 pm

These are drop in services, no need to phone ahead.



Samaritans are open 24 hours a day across Christmas on 116 123

Available for emotional support as well as situations of crisis.

There is also the local Integrated Mental Health Hub helpline 24 hours a day on 0300 330 1011

The Changing Minds Team are offering support up to anyone experiencing anxiety, low mood, stress, isolation or financial worries over Christmas. The service can be accessed online or by calling 0300 999 1616 (9-5 weekday) or 0800 448 0828 (Christmas Day).

For Out of Hours Medical Advice across the Christmas period call 111

In a mental health crisis always consider going to A&E where there will be a mental health team to support you.

If you are alone at Christmas and would like company or hot food consider the following:

Christmas Day Breakfast

Johnny's Happy Place

8.30 am to 10.30 am free breakfast, just drop in

97 Rockingham Road, Kettering, NN16 9HX

Community Mental Health Café, warm welcome and people to talk to.

Christmas Day Take Away Lunch

The Eden Centre

11.30 am – 12.30 am

21 Montague Street, Kettering, NN16 8XG

Run by Churches Together, free takeaway lunch

And Corona Kitchen takeaway meals Mon, Tue, Wed, Fri 4 – 5 pm throughout December and January



WEA (Adult Learning Within Reach)

Are providing FREE online activities for everyone on Christmas Day. Fun and a chance to chat.

<https://the-wea.zoom.us/j/98837998348?pwd=dFNRWWduWTVPZW1ydldCd2JrWFVlUT09>

Meeting ID: **988 3799 8348** Passcode **248931**

