

20 December 2023

Getting help over the holidays

Christmas and New Year can be a difficult time for many, especially those dealing with financial worries, poor mental health or domestic violence. As a PCS member, there are a number of ways PCS can provide or signpost to services to help you.

For services available to PCS members you can check out our [Problem at Home?](#) page on the PCS website. If you need help at work, see our [Problem at work?](#) page for guidance on how to contact your local representative.

Other Helplines

Mental Health Support

[Samaritans](#) - 116 123

[Lifeline \(NI\)](#) - 0808 808 8000

Domestic Violence

[Refuge](#) - 0808 2000 247

[The Men's Advice Line](#) - 0808 801 0327

[National LGBT+ Domestic Abuse Helpline](#) - 0800 999 5428

Addiction

Drinkline - 0300 123 1110

Drinkline Scotland - 0800 7314 314

[FRANK](#) - 0300 123 6600

[BEAT](#) (Eating Disorders) - [Multiple helplines](#) depending on which country of the UK you are in.

Support for Older People

[The Silver Line](#) - 0800 470 8090