

Getting support over the Christmas Break

We understand that while other people are celebrating, Christmas can be a difficult time. Here are some links to help you access support over the Christmas break.

Key links for financial support:

[Financial support, advice and guidance - North Lincolnshire Council](#)

[Financial Support \(North Lincolnshire\) | Ongo Homes](#)

[North Lincolnshire Citizens Advice - Citizens Advice North Lincolnshire](#)

[We need your support | Trussell](#)

[Scunthorpe Foodbank | Helping Local People in Crisis](#)

[StepChange Debt Charity. Free Expert Debt Help & Advice](#)

If you're struggling with your mental health during Christmas, you can find tips and support here:

[Student Wellbeing This Christmas - Inspire Student Hub](#)

[Christmas and mental health - Mind](#)

[Where to get support for your mental health over the Christmas period | Children's Commissioner for England](#)

[10 Tips For Struggling With Your Mental Health At Christmas - Prestige Student Living](#)

[Looking After Your Mental Health at Christmas | Blog | YoungMinds](#)

[My Mind TV](#)