Twitter Thread by Dan Sohege



Dan Sohege
@stand_for_all

Thread of useful links and phone numbers: Christmas is always a difficult time for many people. This one is liable to be a lot harder for so many more though, and for so many more reasons than many expect. 1/

Domestic violence always tends to rise over Christmas. With households being locked down for much of the year already it's likely that this year will be worse. @RefugeCharity's helpline is 0800 2000247, with further organisations detailed in the link. 2/
https://t.co/6qQxNKFy3M

Poverty is rising with many families hit by job losses and reduced pay. Food banks are going to play an even more essential role. If you need one, or have overbought for Christmas and can donate rather than waste, @TrussellTrust has a food bank locator. 3/
https://t.co/XNFqix7J39

Christmas has always been a tough time for many people, even before Covid. Sadly this has long been reflected in the increase in suicides over the period. The @samaritans are there to listen. Don't suffer on your own. Their number is 116 123. 4/

https://t.co/EdSG3hrxhb

2020 has been particularly hard on people's mental health, and loneliness over Christmas can exacerbate that. @MindCharity's infoline on 0300 123 3393 is there to help. 5/
https://t.co/ZTKJ5ys9ij

Winter in general is always a hard time for rough sleepers. With fewer people around, or carrying cash they can donate, this year risks many more being abandoned. @Shelter provides help and assistance, or you can call @Tell_StreetLink on 0300 500 0914 6/
https://t.co/SCVIbxfn5g

We've heard a lot this year about protecting the elderly, but Christmas is always a very difficult time. With so many caught up by restrictions please reach out if you can to provide support. @age_uk has resources which could be of help. 7/
https://t.co/ALJvvCawZb

For a lot of autistic individuals rapid changes to plans and routines can have a detrimental effect, to say the least. With changes to restrictions happening so quickly some may be struggling. @Autism's website may provide some help though. 8/ https://t.co/So3jpxzxiG

We're all feeling it in different ways this year, but we can all support one another. If you suspect someone is struggling reach out to help. It's going to be a different Christmas this year, and a painful one for many. We need each other more than ever right now. 9/