

## **Health and Wellbeing Support over Christmas and New Year**

Your health and wellbeing is extremely important. Whilst the festive period is a cause for celebration, sometimes people can find they are struggling during this time for a variety of reasons.

Below are some key contact details which we hope will be of help if you are left feeling stressed or in need of help over Christmas and New Year. It can be a difficult time for some people and we want to make sure we get through it and into the New Year, with lighter nights and a focus on our well-being.

Organisation	Phone Number	Email or Website Link
MIND Mental Health	<b>T: 01904 64 33 64</b>	<b>E: <a href="mailto:office@yorkmind.org.uk">office@yorkmind.org.uk</a></b>
Samaritans	<b>116 123</b>	<a href="#">Contact Us   Samaritans</a>
Shout Mental Health	<b>TEXT Shout to 85258</b>	
Harrogate Social Services	01423 887181	
Phoenix Aid for Women, Men and children Domestic Abuse	<u>07932 069 153</u>	<u><a href="mailto:help@phoenixwomensaid.org.uk">help@phoenixwomensaid.org.uk</a></u>
Mankind for men in abusive relationships	01823 334244	
Emergency Social Care	01609 780780	
VIVUP Emotional Support Debt Advice	03303800658	

Domestic Abuse		
NHS help for prescriptions, advice, COVID support	111	
Police, Ambulance, Fire	999	
Gamblers Anonymous	<a href="tel:03300940322">0330 094 0322</a>	
Alcoholics Anonymous	<a href="tel:08009177650">0800 9177 650</a>	<a href="mailto:help@aamail.org">help@aamail.org</a>
Food bank	<a href="tel:07885529864">07885529864</a>	<a href="#">Harrogate District Foodbank   Helping Local People in Crisis</a>
Womens Aid	<p>National Domestic Abuse Helpline – 0808 2000 247</p> <p>– <a href="http://www.nationaldahelpline.org.uk/">www.nationaldahelpline.org.uk/</a> (run by Refuge)</p> <p>The Men's Advice Line, for male domestic abuse survivors – 0808 801 0327 (run by Respect)</p> <p>The Mix, free information and support for under 25s</p>	<a href="#">I need help - information and support on domestic abuse (womensaid.org.uk)</a>

	<p>in the UK – 0808 808 4994</p> <p>National LGBT+ Domestic Abuse Helpline – 0800 999 5428 (run by Galop)</p> <p>Samaritans (24/7 service) – 116 123</p>	
Citizens Advice	<a href="tel:08001448848">0800 144 8848</a>	

Below, you will find a list of Pharmacies that are open over the Bank Holidays.

## Harrogate and Rural District

Rota/Specific Area	Bank Holiday	Day	Date	ODS Code	Name	Address	Postcode	Opening Times
Harrogate	Boxing Day (substitute)	Monday	28/12/2020	FEF40	Asda Pharmacy	Bower Road, Harrogate	HG1 5DE	09:00-18:00
	New Years' Day	Friday	01/01/2021	FEF40	Asda Pharmacy	Bower Road, Harrogate	HG1 5DE	10:00-17:00
Knaresborough	Christmas Day	Friday	25/12/2020	FN047	Boots Pharmacy	Unit 4a St James Retail Park, Grimbold Crag Road, Knaresborough	HG5 8PZ	09:00-11:00
Pateley Bridge	Christmas Day	Friday	25/12/2020	FPD39	Pateley Bridge Pharmacy	25 High Street, Pateley Bridge	HG3 5AL	09:00-13:00
Ripon	Boxing Day (substitute)	Monday	28/12/2020	FNN27	Morrisons Pharmacy	Harrogate Road, Quarry Moor, Ripon	HG4 2SB	10:00-16:00
	New Years' Day	Friday	01/01/2021	FNN27	Morrisons Pharmacy	Harrogate Road, Quarry Moor, Ripon	HG4 2SB	10:00-16:00