



## Lincolnshire LMC Weekly Update 20/12/2024

The Lincs LMC weekly update is an overview of our published information relevant to practices. All of our weekly updates can be found by clicking the button below.

[Previous Lincolnshire LMC Weekly Updates](#)

### Notice: LMC over Christmas - Urgent Enquiries

lincolnshire *lmc* 

The LMC Office is closed between Christmas Day and New Year's Day. If your enquiry is **URGENT** during this time please telephone 01522 576659 and you will be transferred to the duty officer.

For routine enquiries outside of this time, email [info@lincsllmc.co.uk](mailto:info@lincsllmc.co.uk)

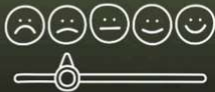
Guidance and resources are accessible through our website:  
[www.lincsllmc.co.uk](http://www.lincsllmc.co.uk)

Wellbeing during the Festive Period

# WELLBEING OVER CHRISTMAS

## Acknowledge Your Feelings:

It's important to recognise and accept your emotions, whether it's sadness, anger, or anxiety. Allow yourself to feel these emotions without judgment. It's okay to not feel festive all the time.



## Comfortable Christmas:

Try not to put too much pressure on yourself. Plan a Christmas that suits you. Step away from traditions if it feels difficult and maybe look at creating new ones.

## Reach Out for Support:

Don't hesitate to talk to friends, family, or a mental health professional about what you're going through. Sharing your feelings can provide relief and help you feel less isolated.



[www.lincslmc.co.uk/wellbeing](http://www.lincslmc.co.uk/wellbeing)

Lincolnshire **lmc**



# COPING AT CHRISTMAS

The Added Pressures of Christmas can be Tough, but it's Important to know there's always Someone you can Talk to...

**NHS** 111 online

Call 111 & select option 2 to speak to the NHS Mental Health Crisis Response Service 24/7

[Nhs.uk/mental-health](http://Nhs.uk/mental-health)

**PAPYRUS**

Under 35s can Call 0800 068 4141, Text: 88247 or Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) 24/7

[Papyrus-uk.org](http://Papyrus-uk.org)

**SAMARITANS**

Call 116 123 to talk to Samaritans, or email: [jo@samaritans.org](mailto:jo@samaritans.org) for a reply within 24 hours

[Samaritans.org](http://Samaritans.org)

**MIND**

Call MIND's Mental Health Helpline 9am to 6pm, Monday to Friday on 0300 102 1234

[Mind.org.uk](http://Mind.org.uk)

**shout**  
85258

Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19

[Giveusashout.org](http://Giveusashout.org)

**CALM**

Mental Health Forum & Chat for Men from 5pm - midnight every day Call or Watsapp 0800 585858

[Thecalmzone.net](http://Thecalmzone.net)

[ChristmasCountdown.uk](http://ChristmasCountdown.uk)

Lincs LMC Committee meeting highlight podcast:

[CLICK HERE TO LISTEN](#)

### Most recent News:

- [CQC Mythbuster Updates - December 2024](#)
- [GP Pension scheme members – End of year pensions process](#)
- [Translated GP Transfer Card](#)

[All News](#)

### Most recent Guidance:

- [Verification of Death guidance flowchart](#)
- [Performance Matters – The importance of trained chaperones](#)
- [Releasing medical records to Home Nations](#)

[All Guidance](#)

## Lincs LMC Christmas Newsletter



[🎄 CLICK HERE TO VIEW OUR CHRISTMAS NEWSLETTER 🎄](#)



