



STAYING SAFE AT CHRISTMAS PARTIES



Christmas parties are a time to celebrate, but safety should always come first. Enjoy responsibly and look out for yourself and others.

PRACTICAL SAFETY TIPS

- Plan your journey home in advance – no unlicensed cabs.
- Stay with trusted friends and avoid leaving alone.
- Keep your phone charged and accessible.
- Know your limits and drink responsibly.

RESPONSIBLE DRINKING ADVICE

- Alternate alcoholic drinks with water
- Never leave your drink unattended
- Avoid excessive drinking to stay in control

CONSENT AWARENESS

- Respect personal boundaries
- Consent must be clear, mutual, and ongoing
- If in doubt, stop and check



EMERGENCY CONTACTS (UK)

Service	Contact
Emergency Services	999
NHS Non-Emergency	111
Drinkaware Helpline	drinkaware.co.uk

LET'S NOT GO FROM FESTIVITIES TO DISCIPLINARIES!



24/7 Confidential Helpline- 07480726082 helpline@sixmha.org
www.sixmha.org Scan for the SIX MHA App !

SG Pam UK	PAM-144-465
SG Okarno	SGA-633-545
SG British Gypsum	SGB-739-287
SG Formula	SGF-430-009
SG Gyproc	SGG-941-361
SG High Performance Soutions (abrasive and ceramics)	SGH-691-236
SG Offsite Solutions	SGO-706-955
SG Professional Services	SGP-218-352
SG GTC BPB	SGG-921-354
SG Calders & Grandidge	SGC-463-942
SG Isover	SGI-409-619
SG Life Sciences	SGL-841-310
SG PPL Corby	SGP-295-848
SG Farecla	SGF-762-080
SG Glass	SGU-K2- 921-14
SG Glassolutions	SGU-K2- 921-14
SG Glass Swisspacer	SGU-K2- 921-14
SG Glass Vetrotech	SGU-K2- 921-14
SG Weber	SGW-621-524
SG Ecophon	ECO-388-998