



# 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- 07441935913 | [helpline@sixmha.org](mailto:helpline@sixmha.org)

[www.sixmha.org](http://www.sixmha.org)

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