



## Tips against Loneliness during the Holidays

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### Maintain digital contacts

- Contact friends or family who are not in the same place as you early and plan ahead to talk on the phone/watch a film online/play a game online

### Make new contacts

- Buddy programme of the Studierendenwerk Mainz (registration until 15/12/24): <https://www.studierendenwerk-mainz.de/freizeit/studis-werden-freunde>
- Internet platform 'KeinerBleibtAllein': <https://keinerbleibtallein.net/>
- Use apps such as Bumble For Friends
- Get involved in voluntary work

### Church events, e. g.:

- Christmas party for single people with ecumenical prayer: 24/12/24, 12:30 p.m.  
Ratsherrenweg 5, 55252 Wiesbaden (Mainz-Kastel)
- 'Don't be alone on Christmas Eve': 24/12/24, 4 p.m. - 9 p.m.  
Katholisches Pfarrzentrum St. Nikolaus, Dammstr. 52, 55128 Ingelheim

### Other events and useful information regarding loneliness during the holidays

- Find events nearby or become a host yourself: <https://www.wirweihnachten.de/>
- Loneliness competence network:  
<https://kompetenznetz-einsamkeit.de/angebote-gegen-einsamkeit-an-den-feiertagen-2024>

### Offers of help (available over the holidays)

- Telephone counselling service (available around the clock, in German):  
0800 1110111 or 0800 1110222, <https://www.telefonseelsorge.de/>
- International telephone counselling services:  
<https://www.telefonseelsorge.de/internationale-hilfe/#ihkontakt>
- Crisis chat (available around the clock, in German): <https://krisenchat.de/>

### In emergencies

- Call 112 or consult your local psychiatric clinic:  
e. g. for Mainz: Telephone: 06131 172920, Untere Zahlbacher Str. 8, 55131 Mainz