

## ISOLATION AND LONELINESS

### Mind

Information and tips for managing loneliness

<https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/>

### NHS

Advice on feeling lonely

<https://www.nhs.uk/conditions/stress-anxiety-depression/feeling-lonely/>

### Mental Health Foundation

Advice for dealing with isolation

<https://www.mentalhealth.org.uk/publications/guide-investing-your-relationships/isolation>

Advice for people who find it difficult to stay socially connected and build relationships

<https://www.mentalhealth.org.uk/publications/guide-investing-your-relationships/difficulties>

### Independent Age

Information and advice about staying connected in older age in pdf and audio formats

<https://www.independentage.org/information/advice-guides-factsheets-leaflets/if-youre-feeling-lonely>

### Campaign to end loneliness

Advice for older people for dealing with loneliness and being alone

<https://www.campaigntoendloneliness.org/feeling-lonely/>

### AgeUK

Information for if you or someone you know is feeling lonely

<https://www.ageuk.org.uk/information-advice/health-wellbeing/loneliness/>

### Let's Talk Loneliness

A UK Government campaign with advice and useful contacts on what to do if you're feeling lonely.

<https://letstalkloneliness.co.uk/advice/>