Tackling Loneliness

Whether you are an individual, employer, community, educator or health professional tackling loneliness matters. Supporting people to have meaningful social relationships is not just crucial to people's physical and mental health. It also affects their engagement in the workplace and wider community cohesion.

We all need to take action to tackle loneliness across society, and government can play an important role supporting this.

The Government has offered three suggestions for anyone feeling lonely and three actions for people wanting to help If you are lonely you can:

- Keep in touch with friends, family and neighbours
- Ask for help if you need shopping, medicine or are feeling lonely
- Set a routine with online activities, regular tasks or by volunteering

If you are worried about someone who is lonely:

- Phone a friend or family member you think may be lonely
- Smile, wave or chat from a safe distance with a neighbour
- Help out through volunteering by picking up food, medicine or by offering regular conversation to someone living alone

The campaign – Let's Talk Loneliness – was initially launched last year to get people talking openly about loneliness. https://letstalkloneliness.co.uk/ - check it out to find out more about help available for those experiencing loneliness.