

# Loneliness

Let's Talk  
Loneliness  
National  
loneliness  
campaign

**Most people will feel lonely at some point in their lives. It's a deeply personal experience that in most cases will thankfully pass. But for a growing number of people, particularly those in later life, loneliness can define their lives and have a significant impact on their overall wellbeing.**

Loneliness isn't experienced equally by everyone. Indeed, it can still occur when you have loving support around you. It's not always the number of social contacts but the perception of those relationships that count. In this way, feeling lonely is different from actually being lonely.

Certain life events, such as a bereavement can trigger such feelings, even if other family members rally around in support. Loneliness can be caused by many other things including leaving the workplace, children or friends moving away, debilitating health condition or illness, no longer being able to participate in normal hobbies or activities and lack of access to transport.

Sometimes loneliness may improve with time. However, often it's advisable to address the situation in the early stages to prevent it becoming a chronic issue.

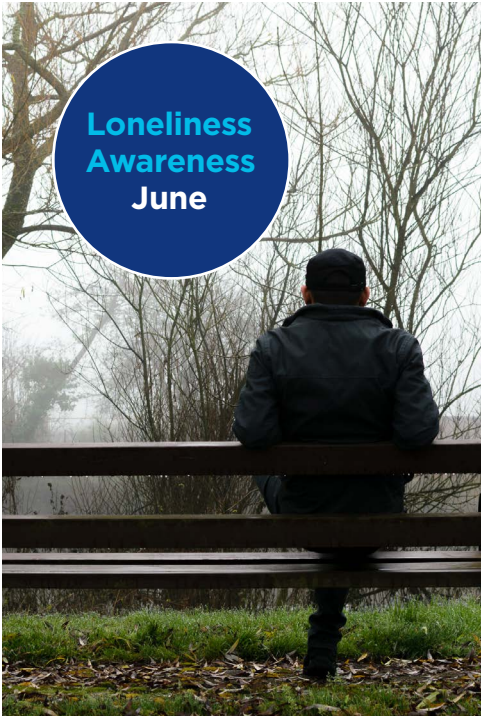
Loneliness is now being recognised for its damaging effects, such as mental health conditions, cardiovascular issues and sleep problems, it is therefore important to try and overcome the feeling of isolation. If you're suffering from social isolation, a good first point of contact would be your GP.

## What can you do if you're Feeling Lonely?

- Smile, even if it feels hard
- Invite friends for tea
- Keep in touch by phone or letter
- Learn to love computers – using Skype and Social media
- Get involved in local community activities
- Learn a new skill or activity
- Fill your diary
- Get out and about
- Help others by volunteering
- Join the University of the Third Age



**Police  
Mutual**  
We look after our own



## GETTING HELP:

**NHS**  
[www.nhs.uk](http://www.nhs.uk)  
[www.wales.nhs.uk](http://www.wales.nhs.uk)  
[www.nhsinform.scot](http://www.nhsinform.scot)

**AGE UK**  
[www.ageuk.org.uk](http://www.ageuk.org.uk)  
[www.ageuk.org.uk/cymru](http://www.ageuk.org.uk/cymru)  
[www.ageuk.org.uk/scotland](http://www.ageuk.org.uk/scotland)  
[www.ageuk.org.uk/northern-ireland](http://www.ageuk.org.uk/northern-ireland)

**CITIZENS ADVICE**  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
[www.cas.org.uk/](http://www.cas.org.uk/)  
[www.communityni.org/organisation/citizens-advice-northern-ireland](http://www.communityni.org/organisation/citizens-advice-northern-ireland)

**GOV UK**  
[www.gov.uk](http://www.gov.uk)  
[www.gov.wales](http://www.gov.wales)  
[www.gov.scot](http://www.gov.scot)  
[www.nidirect.gov.uk](http://www.nidirect.gov.uk)

[www.mind.co.uk](http://www.mind.co.uk)  
[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)  
[www.marmaladetrust.org](http://www.marmaladetrust.org)

**Samaritans**  
**Cruse Bereavement Care**  
**Silver Line 0800 4708090**  
**Your GP**

## Health & Wellbeing

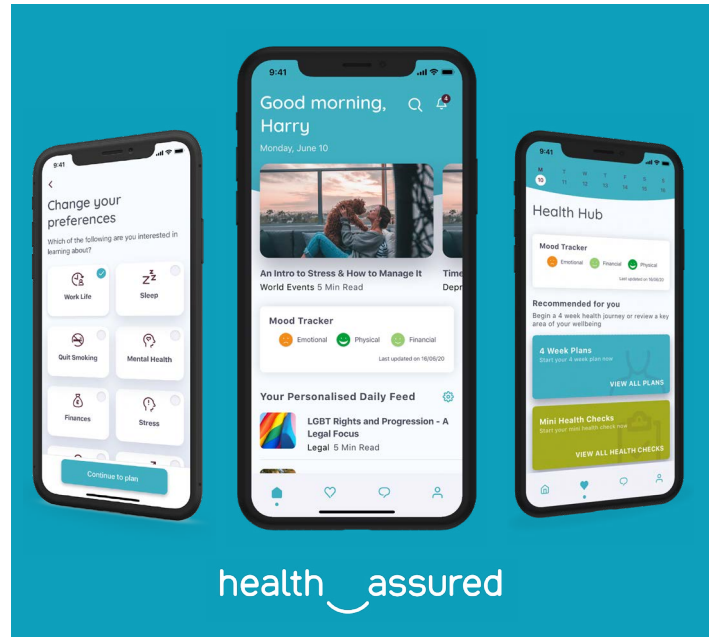
Our Care Line Service provided by Health Assured can offer wellbeing advice and information, helping with a range of concerns including emotional support. Take a look at the e-portal or download the APP.

## Health & Wellbeing e-portal

<https://healthassuredeap.co.uk>

**Username:** policemutual

**Password:** careline



Download the **Health Assured App** and register today - your code is **MHA107477**

**Police Mutual offer a range of wellbeing support services, for more details check out the wellbeing pages on our website: [www.policemutual.co.uk](http://www.policemutual.co.uk)**

Police Mutual is a trading style of The Royal London Mutual Insurance Society Limited. The Royal London Mutual Insurance Society Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. The firm is on the Financial Services Register, registration number 117672. Registered in England and Wales number 99064. Registered Office: 55 Gracechurch Street, London, EC3V 0RL. For your security all calls are recorded and may be monitored.

Visit [policemutual.co.uk](http://policemutual.co.uk)



**Police Mutual**  
 We look after our own