



**INFO +
ADVICE
24/7**



A free app, designed to give quick advice on many subjects and fast contact info for a majority of life's problems. Download it today as a source of great info...



www.here2helpapp.com

**Carers
First**



Community Hub



Healthy Living Network



Southern Health and Social Care Trust
Quality Care - for you, with you



Youth Wellness Web

A place where everyone deserves to be helped at any time, no matter how big or small the problem is!

- SCHOOL • BULLYING • WELLBEING
- BEREAVEMENT • MENTAL HEALTH

Remember all age groups can experience loneliness

If you're struggling, it's okay to reach out:

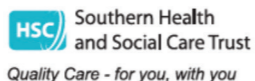
Call **CHILDLINE** on 0800 1111

Text **SHOUT** to 85258

Deaf and hard of hearing textphone users:
18001 0808 808 8000



cypsp.hscni.net/youth-wellness-web/



Quality Care - for you, with you



Access and Information Service ARE YOU OVER 65?

The Access and Information Service provides advice and information on local services for people aged 65+ who need help with daily living, may feel isolated, or want to connect with local services.

Tel: 028 3756 4300



Contact Us

For more information contact by email:
abc.connectwell-livewell@southerntrust.hscni.net
or call us on **028 3756 1440**
and we will get back to you.



Access our webpage to discover organisations offering activities, support and opportunities to connect:



Visit our Facebook page to see what is happening in your community:



Would you like to connect other people in your area by becoming a Community Connector? Scan here for more details:



Talking Tips



This is a reminder of life events and circumstances that may cause a person to feel lonely, together with hints and tips of how you can help!



Loneliness can affect anyone, at any age and at any stage of life.

Loneliness often presents itself during life events ...

- ✓ Becoming homeless
- ✓ Becoming a parent
- ✓ Children leaving home
- ✓ Breakdown in a relationship
- ✓ Moving home
- ✓ Becoming a carer
- ✓ Living with a disability
- ✓ Refugee / awaiting asylum
- ✓ Newcomer
- ✓ Divorce / separation
- ✓ Moving into care
- ✓ Bullying
- ✓ Being a victim of crime
- ✓ Living in an abusive environment
- ✓ Experiencing discrimination
- ✓ Losing a job / new job
- ✓ Bereavement

But remember, this list is not exhaustive, there are of course lots of life events and circumstances that can cause us to experience loneliness.

Making your conversation meaningful

Be kind – be careful how you respond

It may have taken a lot of courage for this person to open up

Practice effective non-verbal communication

You don't have to fill empty spaces with words

Be mindful of any hearing or visual difficulties

Perhaps they have difficulty hearing or communicating

Practice empathy

Imagine yourself in this persons shoes

Engage in active listening

Pretend the whole world has stopped around you both

Know your limits in the conversation

It may not only be loneliness, refer to GP for other issues

Build trust by reflecting what they have said

This shows you are listening and understand

Be a friend or arrange for someone to keep in touch

Perhaps this could be through a support group

Make a plan

When do they feel lonely? Is there a reason?

What do they enjoy doing now or in the past?

Have they already tried to put this into place?

Start small, doesn't have to be complicated!

Is this weekends, particular evenings or perhaps holiday periods?

Perhaps walking or running; arts and crafts or some DIY?

Perhaps there are other options they could try?