Loneliness Resources List

In lieu of Loneliness Awareness Week [13 June - 17 June 2022] Kindred. has put together a list of resources available for you to reach out to if you are suffering with loneliness.

Marmalade Trust is a charity dedicated to raising awareness of loneliness in people of all ages. Founders of Loneliness Awareness Week, which began in 2017, the Marmalade Trust has a wide selection of resources and talks about combating loneliness, available on their website www.marmaladetrust.org

Focused on prevention the Mental Health Foundation has a collection of resources including videos, guides and stories from those who have suffered from mental health issues all available on the organisation's website www.mentalhealth.org.uk

Aimed at helping people in need all over the UK, the British Red Cross has a selection of resources explaining loneliness and how to combat it on their website www.redcross.org.uk. The charity also has an emergency helpline for those experiencing feeling of self-harm or suicide. Call the Red Cross support line on 0808 196 3651, available 10am-6pm daily, or call the Samaritans on 116 123 for 24-hour assistance.

Age UK is a charity offering support for older people within the UK. Resources are available for those supporting someone who suffers from loneliness on their website www.ageuk.org.uk

Mind is a mental health charity available across the UK which offers support for those suffering from mental health issues. With talking therapies, crisis helplines, drop-in centres, employment and training schemes, counseling and befriending available, Mind is tackling the stigmas surrounding mental health and improving the services available to those suffering. www.mind.org.uk

Campaign Against Living Miserably (CALM) is a charity taking a stand against suicide with a helpline available from 5pm-midnight daily on 0800 58 58 58 and a guide to resources for those suffering with a variety of mental health issues not heir website www.thecalmzone.net

Student Minds is a UK student mental health charity with resources available to support your own mental health, a friend suffering or a child all available on their website wwwstudentminds.org.uk

BACP (the British Association for Counseling and Psychotherapy) is a professional association for members of the counseling profession which also offers help to those wanting to register for therapy. Providing a directory of therapists across the UK as well as a guide how to find a therapist the BACP's resources can be found on their website www.bacp.co.uk

MeetUp is a service created to help people connect all over the world. Meet people with similar interests in your area or attend workshops and events to explore new hobbies. Head to their website www.meetup.com to find events and groups wherever you are.

Verywell Mind is a resource platform created by health professionals and health journalists with a selection of resources for a variety of mental health issues including loneliness. Check out their articles and guides on their website at www.verywellmind.com

If you are looking for therapy through the NHS contact your General Practitioner for a referral, or research private licensed therapists in your area and refer yourself for their services.