

# 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



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Loneliness  
Awareness  
Week  
17 - 21 June  
2020

## Police Mutual Products and Services

Our Care Line Service provided by Health Assured can offer advice and information at the end of a phone, helping with a range of concerns including coping with a bereavement.

To talk to someone please call 0800 028 1708 or take a look at the e-portal:

**Health & Wellbeing e-portal:**  
[www.healthassuredeap.co.uk](http://www.healthassuredeap.co.uk)

Username: policemutual

Password: careline

### GETTING HELP:

[www.nhs.uk](http://www.nhs.uk)

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

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

[www.ageuk.org.uk](http://www.ageuk.org.uk)

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

[www.gov.uk](http://www.gov.uk)

[www.marmaladetrust.org](http://www.marmaladetrust.org)

Samaritans

Cruse Bereavement Care

Silver Line 0800 4708090

Your GP

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

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



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