

Tackling loneliness and isolation

1. Pray. Light a candle, if safe, and pray for hope, faith and strength to keep loving and caring for each other during this time of struggle.
2. Talk about how you feel. This may be difficult if you are self-isolating, but do use the telephone, internet, and social media. If you need to contact a counsellor this can be arranged by your GP, or via local agencies, or privately. Samaritans are there 24 hours a day, every day, and it's free to call them on 116 123.
3. Focus on the things that you can change, not on the things you can't.
4. Look after yourself - physically, emotionally, spiritually. Plan in things that you enjoy at regular intervals during the day – a TV programme, a phone call, a book, a favourite dish, a game.
5. Look after others. Even if only in small ways, but do what you can: a smile, a kind word, writing a letter or an email.