

Loneliness and Isolation Resources

Children and Young People

ChildLine: available via phone or online. Call **0800 1111**. CYP can try getting support from other young people on their message boards www.childline.org.uk.

Loneliness School Pack: Supports pupils to understand; what loneliness is and how it can make us feel, what we can do to reduce feelings of loneliness; and where to find support. [Loneliness: Finding our connections to feel less lonely – school pack | Mental Health Foundation](#)

TalkTime Scotland: provide free counselling and emotional support to young people aged 12-25 with a physical disability and long term health conditions living in Scotland. Email talktimescotland@gmail.com or call/text **0774 210 104**

Youth Loneliness Toolkit: to inspire others to take action on youth loneliness in their local community. [Youth Loneliness Toolkit - Young Scot Corporate](#)

Adults

Age Scotland Helpline: provides information, friendship and advice. Call free Mon-Fri 9am – 5pm **0800 12 44 222**. If English isn't your first language, the helpline is supported by Language Line Solutions to translate conversations.

Breathing Space: 0800 83 85 87. A free confidential phone and web based service for people experiencing low mood, depression or anxiety. 16+. Mon-Thurs 6pm – 2am and weekends Friday 6pm to Monday 6am

British Red Cross: provide local support services, workshops and resources to help you deal with and overcome loneliness. <https://www.redcross.org.uk/get-help/get-help-with-loneliness>

Chest, Heart and Stroke Foundation: Kindness Calls, for anyone who is impacted by chest, heart or stroke conditions or Long Covid including family members and carers. <https://www.chss.org.uk/services/were-here-to-help/>

Lone Parent Helpline: Call **0808 801 0323** Mon-Fri 9:30am to 4pm or webchat [Lone Parent Helpline - One Parent Families Scotland](#). Provides advice and support to single parents. Call about anything from dealing with a break-up, sorting out child maintenance, understanding benefits, money when having a baby, studying or moving into work.

NHS Inform: Hear how other people have tackled loneliness and isolation [Isolation and loneliness | NHS inform](#)

The Silver Line: free helpline for older people open 24 hours a day, 365 days a year. Call **0800 4 70 80 90**

Samaritans: A free and confidential support to anyone, any age. Call **116 123** anytime 24hrs, 7 days a week.