

NHS Greater Glasgow and Clyde Mental Health Improvement Team

Loneliness and Isolation during COVID-19

Loneliness and isolation can affect people at any age, but we often associate it with our elderly population. Loneliness cuts across all ages and stages in life. Feeling lonely isn't in itself a mental health problem, but the two are strongly linked. Having a mental health problem increases your chance of feeling lonely, and feeling lonely can have a negative impact on your mental health. Loneliness and isolation are never easy to endure and during these unprecedented times when it is mandatory that we practice social distancing and isolation it can be even more damaging. Below are some resources across the life course to help mitigate the impact and effects of loneliness and isolation.

New and Expectant Parents

Pandas Foundation: Free helpline, **0808 1961 776** open Monday to Sunday 9am – 8pm, to parents and their networks who need support with Perinatal Mental Illness.

NHSGGC Perinatal Mental Health Guide: provides information on a range of mental health supports across for new and expectant parents. Download [here](#)

Children and Young People

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

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**

Young Scot: have launched **Aye Feel** to provide information for young people on how to look after your emotional wellbeing and tips on how to promote positive mindset. www.youngscot.org

Young Minds: provides information on coping with self harm and suicidal feelings. <https://youngminds.org.uk/> Crisis Text service also available 24/7 **85258** and Parents Helpline: **0808 802 5544** Mon – Fri 9.30am – 4pm.

Adults

Clear Your Head: a mental health campaign to help people cope during the Coronavirus <https://clearyourhead.scot/>

Campaign to End Loneliness in Scotland: provides information and resources to help combat loneliness and isolation. <https://www.campaigntoendloneliness.org/campaign-end-loneliness-glasgow/>

Age Scotland Helpline: for older people providing information, friendship and advice. Call free Mon-Fri 9am – 5pm **0800 12 44 222**

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

Samaritans: **116 123**. A free and confidential support to anyone, any age.

E learning and Digital Opportunities

Loneliness and Social Isolation during COVID 19: free online event, 26th May 2020. Register [here](#)

NIHR School for Social Care Research: Free Webinar Series Loneliness. 9th June 2020. Register [here](#)