

Resource list and Additional reading:

Please see below a list of helpful links on the subject of loneliness and isolation – this list is by no means complete or exhaustive, but will help extend your knowledge in this area and grow your understanding on the subject.

[Tackling Loneliness Hub | Campaign to End Loneliness](#)

[Loneliness - Every Mind Matters - NHS \(www.nhs.uk\)](#)

[The impact of lockdown on isolation and loneliness | Coronavirus \(COVID-19\) | Queen's University Belfast \(qub.ac.uk\)](#)

[How Social Isolation Affects Mental and Physical Health \(insider.com\)](#)

[Helpful links | Campaign to End Loneliness](#)

[Loneliness and Social Isolation Resources Guide.pdf](#)

[Get help with loneliness | British Red Cross](#)

[Loneliness Guide: How to Overcome Social Isolation - The Care Workers Charity](#)

[Tips to manage loneliness - Mind](#)

[11 ways to use technology to reduce social isolation | AbilityNet](#)

[The difference between loneliness and isolation | Age UK](#)

[Loneliness, depression, anxiety and mental health | Age UK](#)

[Tackling the growing crisis of lonely men | Age UK](#)

[Age UK loneliness heat map](#)

[Local action on health inequalities: reducing social isolation - GOV.UK \(www.gov.uk\)](#)

[Loneliness in older people: how to help - NHS \(www.nhs.uk\)](#)

[A community response to loneliness - Local Trust](#)

[Reducing loneliness | Programmes and innovation | Age UK](#)

[Loneliness and social isolation | The National Lottery Community Fund \(tnlcommunityfund.org.uk\)](#)

[Measuring and Assessing Social Isolation and Loneliness - Lancashire County Council](#)

[Measuring loneliness: guidance for use of the national indicators on surveys - Office for National Statistics](#)

[A connected society: a strategy for tackling loneliness - GOV.UK \(www.gov.uk\)](#)

[15 organisations that can help people feeling lonely \(countryliving.com\)](#)

[Loneliness \(supportline.org.uk\)](#)

