



## Your social wellbeing matters

Good relationships and regular contact with other people gives us a sense of belonging, social inclusion, and social stability. Lack of social interaction and loneliness through prolonged periods of isolation can have significant impacts on both physical and psychological health, including anxiety and depression. Symptoms can include a sense of being overwhelmed by things, difficulty concentrating, sleeping or lack of energy and can lead to several unhealthy coping responses from eating habits to addictive behaviour.

When you contact us, we will take the time to listen so that we are aware of any concerns or needs you may have, and we will always carefully consider how we might be able to support you.

If you come across any barriers that are stopping you from accessing our products or services, including accessible methods of communication, please get in touch with us and we will consider how we may be able to better support you.

- [Find out more on the Physical Wellbeing information sheet](#)

We recognise, we might not be able to help in every circumstance and you may need specialist support we can't provide. Other organisations are better placed to offer friendship and wider practical and emotional support including:

### Age UK

A befriending service, that helps older people with companionship and improving loneliness.

- [www.ageuk.org.uk](http://www.ageuk.org.uk)
- [0800 678 1602](tel:08006781602)

### Men's Shed Association

Community spaces for men to connect, converse and create.

- <https://menssheds.org.uk/>
- [0300 772 9626](tel:03007729626)

### National Women's Register

Helping women make new friends through social activities, quizzes, correspondence magazine, postal book group, penfriend scheme.

- [nwr.org.uk](http://nwr.org.uk)
- [01603 406 767](tel:01603406767)

## Samaritans

Providing emotional support for people 24 hours a day, 365 days a year allowing people to talk confidentially about their feelings.

- [www.samaritans.org](http://www.samaritans.org)
- [116 123](tel:116123)

## MIND

A wide range of services relating to mental health., e.g. therapy, self help groups and alternative therapies.

- [www.mind.org.uk](http://www.mind.org.uk)
- [0300 123 3393](tel:03001233393)

## Silverline

Free confidential helpline providing information, friendship and advice to people aged 55 and over. Open 24 hours a day every day of the year. Offer friendship and advice, link callers to local groups and services, offer regular befriending calls, protect and support those who are suffering abuse and neglect.

- [www.thesilverline.org.uk](http://www.thesilverline.org.uk)
- [0800 470 8090](tel:08004708090)

## Other agencies which offer support and information

Supportline keeps information on other agencies, support groups and counsellors throughout the U.K.

- [Find out more at the supportline website](https://www.supportline.org.uk/) <https://www.supportline.org.uk/>

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