

DONT BE ALONE

*If you have been affected by any of the issues that have been raised in **I Think We Are Alone**, please see below for information and guidance*

LONELINESS

MIND is a mental health charity; this PDF explores loneliness and gives useful advice and contacts for people of all ages across the UK:

www.mind.org.uk/media/34882109/loneliness-2019-pdf-version.pdf

PLACES OF WELCOME are run by local community groups who want everyone in their neighbourhood to have a place to go for a friendly face, a cup of tea and a conversation:

www.placesofwelcome.org.uk

THE GREAT GET TOGETHER was an initiative set up to the late Jo Cox to tackle loneliness and bring communities together:

www.greatgettogether.org

DEALING WITH GRIEF

CRUSE BEREAVEMENT CARE this organisation offer support, information and care to children, young people and adults when someone dies:

www.cruse.org.uk

MARIE CURIE is a charity that supports patients and families through terminal illnesses, they deal with over 40,000 terminally ill patients a year. Help in dealing with grief:

www.mariecurie.org.uk/help/support/berieved-family-friends/dealing-grief/grieving-your-way

CANCER RESEARCH is the largest charity working to prevent, control and cure cancer and in the last 40 years their work has helped double survival rates:

www.cancerresearchuk.org/about-cancer/coping/dying-with-cancer/after-someone-dies/coping-with-grief

MACMILLAN are a charity who support patients diagnosed with cancer through every stage of their treatment:

www.macmillan.org.uk/information-and-support

AFFECTED BY ABUSE

DARKNESS TO LIGHT is a non-profit organisation committed to empowering adults to prevent child sexual abuse:

www.d2l.org

SAFELINE is a charity that provides support for anyone effected by sexual abuse or rape and works to prevent the sexual exploitation of children:

www.safeline.org.uk

THE SURVIVORS TRUST is the largest umbrella agency for the specialist rape and sexual abuse services in the UK and have been providing infrastructure support for the past 15 years:

www.thesurvivorstrust.org/find-support