

Post Webinar Resource Sheet:

Addressing Loneliness Together

"help give loneliness a voice"

Loneliness can affect anyone and have a significant impact on mental and physical wellbeing. This Loneliness Awareness Week (15th-21st) let's encourages open conversations, and remind each other the importance of staying connected and supporting those around us.



If you would like to hear more from Tara, and the Marmalade Foundation, go to:

www.marmaladetrust.org/

Resources:

Podcasts/Talks:



Ted Talk - The paradox of loneliness (link to playlist)



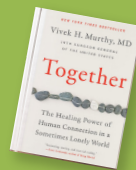
The Moth (Podcast) by PRX

Charities & Organisations:

- www.marmaladetrust.org/
- www.campaigntoendloneliness.org
- www.samaritans.org

Books you might like:

Together: The Healing Power of Human Connection in a Sometimes Lonely World by Vivek Murthy



How to Be Yourself by Ellen Hendriksen



Support & Helplines:

Samaritans (UK): samaritans.org | 116 123 – Free, 24/7 emotional support.

SHOUT Mental Health Text Line: giveusashout.org | Text "SHOUT" to 8525

This episode will soon be on our Spotify:



Spotify



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Thrive  Talking