

Keep Communicating with Others



It is great to keep in touch with each other and now more than ever it is important that we do this. Perhaps you have not heard from a friend, a classmate, or a colleague for a while - then give them a call or send a message to ask them how they are. It is comforting to be remembered. However maybe you are feeling isolated and alone so if you need to reach out and want to talk there are some helpful numbers at the end of this sheet that might be a good starting point.

Here are other ideas of ways to keep communicating with others

- Switch off the TV and talk or play a game together with your family or those in your household.
- Use meals times as an opportunity to come together with those in your household and chat.
- Use technology such as Skype, Facetime or Zoom to bring your friends or family together – perhaps arrange a weekly family video-chat linking all age groups or join in with a quiz evening.
- A virtual visit in the form of a video-chat, just one on one, with a friend or family member who maybe needs support or company.
- And of course, make a good old-fashioned phone call and just have a chat.
- Write a letter or send a card. On-line postage is available from the Royal Mail website if you can't get to the Post Office.

These are some ideas of things to avoid

- It is easy to get into the habit of only ever texting, messaging, or emailing people. So do not rely on technology or social media alone to build relationships.
- Be careful, if you do use social media, to make sure you know who you are communicating with.
- Remember to never share personal or intimate information with strangers.





SHOUT – Text **MRF** to 85258

Confidential crisis text line for anyone, any age – Free 24/7

Papyrus HopelineUK – 0800 068 41 41 – pat@papyrus-uk.org

Confidential helpline for people under 35 or anyone concerned
about a young person – Free 9am - 10pm (weekends 2pm - 10pm)

NSPCC Childline – 0800 1111

Confidential support for young people under 19 – Free 24/7

Samaritans – Call 116 123 – jo@samaritans.org

A safe place to talk about whatever's getting to you – Free 24/7

In an emergency don't be afraid to dial **999**

