NHS West Midlands Ambulance Service University NHS Foundation Trust

Supporting Loneliness

Loneliness is a universal experience that can affect anyone, regardless of age or circumstances. It often arises from a sense of disconnection, even when surrounded by others, and can impact emotional well-being and mental health,. Recognising loneliness is an important step toward addressing it, as reaching out for support can make a profound difference. Here are some resources to help take that first step.

The Marmalade Trust offers understanding, practical advice, and resources to help you feel connected.

- Discover tips for building meaningful connections.
- Access supportive tools to navigate feelings of loneliness.
- Join campaigns like Loneliness Awareness Week to break the stigma.
- For more information click here

NHS England tackling loneliness and social isolation e-learning programme

- The Tackling Loneliness and Social Isolation program is an online learning resource designed to help individuals understand, address, and reduce loneliness and social isolation.
- The program is tailored for those who want to improve their own well-being or support others in overcoming feelings of loneliness.
- Access Here

Mind Peer support groups

- The Mind Peer Support Groups can help combat loneliness by connecting you with others who share similar experiences. These groups provide:
- A sense of connection through shared understanding and mutual support.
- Access here

NHS Every Mind Matters

- Loneliness Guide offers tailored support for student paramedics who may feel isolated during their studies or placements. It provides:
- Tips to build connections with peers and mentors.
- Practical advice to manage feelings of loneliness during demanding schedules.
- Resources to support mental well-being in challenging environments.
- Access Here

The Mix charity - Support for Student Paramedics Under 25

- 1-to-1 chats with advisors who listen and guide.
- Peer support through forums and group discussions.
- Resources tailored to managing loneliness and stress.
- Visit The Mix for support