

# **Healthy relationships**

## **Loneliness**

Humans traditionally lived in tribes, but, in modern times, it has become more common to live in smaller groups or individually. **Loneliness is something that affects all age groups.** You can spend plenty of time around others but still feel lonely; it can take on many forms such as social loneliness, existential loneliness and emotional loneliness. Take a look at the below resources for more information.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/tips-to-manage-loneliness/>

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/feeling-lonely/>

<https://www.campaigntoendloneliness.org/feeling-lonely/>

## **Social Prescribing**

We have a social prescriber available. Please see the section on our website or follow the link below for more information. Our social prescriber can help with a wide range of social, emotional or practical needs.

## **Healthy Lives Team**

We also have access to the Healthy Lives Team provided by the Primary Care Network. Shropshire Council's Healthy Lives Team aims to help stop people getting ill from conditions that can be prevented, such as those caused by weight or smoking. They also help people manage long-term health conditions to prevent them becoming worse. Please see below for more information or contact us to book an appointment:

<https://next.shropshire.gov.uk/public-health/healthy-shropshire/>

This is a general guide aimed at all patients, for specific tailored advice discuss this with a clinician or social prescriber