



Support if you're feeling lonely

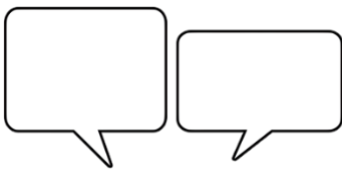
It's normal to feel lonely sometimes



You might feel lonely in some situations, or you might feel lonely most of the time



You can feel lonely even if you're with friends or family



Talking about how you're feeling and keeping in touch with people in your life can help



Doing things you enjoy and spending time outdoors can also help



Try not to compare yourself to others



Meeting new people

Meeting new people can help you feel less lonely



There are lots of ways to meet new people in Camden, from free activities to volunteering

Here are some ideas



- [Free activities](#)
- [Sports activities](#)
- [More things to do](#)

More support if you're feeling lonely



If you feel lonely most or all of the time and you would like more support

- speak to your GP
- contact **iCope** for free, confidential mental health support – phone **020 33 17 66 70**



or find out more by visiting [icope.nhs.uk](https://www.icope.nhs.uk)