

### Safeguarding

If you or others are at risk or experiencing abuse, neglect or self harm, we will report this in line with our safeguarding policy

### Complaints

If you are not happy with any aspect of the service, please contact the project manager Sabrina Solomon on 07809420021 or [sabrina.solomon@hfmind.org.uk](mailto:sabrina.solomon@hfmind.org.uk)

### Get in touch with us:

Hammersmith, Fulham, Ealing and Hounslow Mind  
309 Lillie Road  
Fulham  
London  
SW6 7LL

t: 020 7471 0580  
[limitloneliness@hfmind.org.uk](mailto:limitloneliness@hfmind.org.uk)  
[hfmind.org.uk](http://hfmind.org.uk)

Registered charity number: 801259



# Limit Loneliness

Over half of adults & young people say their mental health worsened during lockdown.



## Limit Loneliness

The Limit Loneliness project is here to help tackle the challenge of loneliness during the COVID-19 pandemic.

The project aims to help people cope with the difficulties of isolation and will include digital interactions like one-to-one weekly check-ins and workshops.

We also hope to meet clients face-to-face with adherence to government guidelines.

### Who is this service for?

- You must be aged 18 or over
- You must live in the boroughs of Hammersmith, Fulham, Ealing or Hounslow.

If you are eligible and need help, don't hesitate to get in touch.

Email: [limitloneliness@hfmind.org.uk](mailto:limitloneliness@hfmind.org.uk)

Telephone: 020 7471 0580 (leave a message with your name and number and we will get back to you.)