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

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 hfmind.org.uk

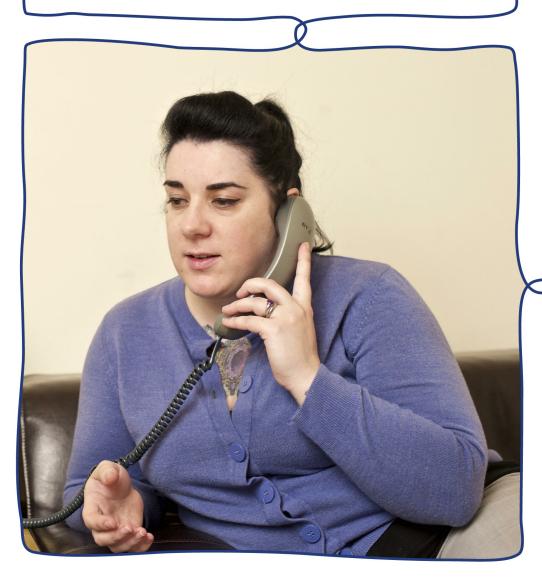
Registered charity number: 801259



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

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