

HOW TO FIGHT LONELINESS INFORMATION AND SUPPORT RESOURCE

This resource is intended for use by anyone who feels they have been affected by the content of the production **How To Fight Loneliness**. This document provides information, not advice. If you have questions about any medical matter, you should consult your doctor or other professional healthcare provider without delay. Although we have made reasonable efforts to make sure all the information contained in this resource is as accurate as possible, we cannot guarantee links to third party organisations have not been changed or updated since this document was produced.

If you feel you are in crisis please call 999 or visit your nearest accident and emergency department.

RESOURCES

If you feel affected by the themes in this production, please find links to support below, this list is not exhaustive, please speak to a doctor or therapist if you are looking for further help.

General Mental Health Support:

- Samaritans: 116 123 (free, 24/7 listening and text support)
- NHS 111: Call 111 for 24-hour NHS advice
- Every Mind Matters: Offers expert advice and practical tips on mental health
- Hub of Hope: Search for local mental health charities

Specific Support:

- CALM (Campaign Against Living Miserably): 0800 58 58 58 (5pm to midnight every day)
- The Silver Line: 0800 4 70 80 90 (for those over 55)
- Papyrus HOPELINE247: For those under 35, call 0800 068 4141

For more information and further reading on topics raised in the play

- **Parliament website:** <https://bills.parliament.uk/bills/3774>
- **House of Lords website:** <https://lordslibrary.parliament.uk/assisted-dying-bill-hl/>
- **Current version of the bill:** <https://publications.parliament.uk/pa/bills/cbill/59-01/0212/240212.pdf>
- **Compassion in Dying website:** <https://compassionindying.org.uk/who-we-are/shared-history-dignity-in-dying/>
- **Our Duty of Care website:** <https://ourdutyofcare.org.uk/>
- **Dignity in Dying website:** <https://www.dignityindying.org.uk/>

Books

- *Death by Appointment: A Rational Approach* (Baroness Finlay & Robert Preston)
- *This is Assisted Dying: A Doctor's Story* (Dr Stephanie Green)
- *Jean's Way: A True Story From A Husband Who Helped His Wife Die* (Derek Humphry)
- *Me Before You* (Jojo Moyes)
- *A Beginner's Guide to Dying* (Simon Boas)