Contents

Contents 3 Introduction 4 INTRODUCTION — 5 minutes 5 WHAT IS LONELINESS AND WHAT ARE THE MAIN CAUSES? — 15 minutes 6 SIGNS OF LONELINESS — 5 minutes 7 THE EFFECT OF LONELINESS — 15 minutes 8 HOW TO TACKLE LONELINESS — 20 minutes 10 HANDOUT 1 — What is Loneliness? 11 HANDOUT 2 — The Effects of Loneliness 12 HANDOUT 3 — How to Tackle Loneliness 13 Contact Us for Resource Packs and Services 14