

Social Isolation & Coronavirus 19

Update July 2020



To access resources, click on the blue hyperlinks. If you are unable to read the full text of any item please contact the Library and Knowledge Services at library@gmmh.nhs.uk

Delivery of Services

Life after lockdown: tackling loneliness

Research supporting the renewed need for government to tackle loneliness after the coronavirus pandemic [British Red Cross](#)

Loneliness, social isolation and COVID-19: practical advice

Looks at impacts, risks and the measures local councils can put in place to support their communities [Local Government Association](#)

Mitigating the psychological effects of social isolation during the COVID-19 pandemic

Advice for GPs on identifying those patients at risk and the simple measures they can apply such as telephone consultations [BMJ Practice Pointer](#)

Video calls for reducing social isolation and loneliness in older people

Evidence to support decision-making for combatting the effects and impact of coronavirus [Cochrane Rapid Reviews](#)

Public Guidance & Advice

Loneliness during coronavirus

Looks at ways helping yourself and others, joining online clubs and seeking help [Mental Health Foundation](#)

Looking after your mental health while self-isolating

Practical advice on staying calm, staying connected, dealing with stress and where to get support [Young Minds](#)

Social isolation in COVID-19: the impact of loneliness

Looks at the impact across different social strata, its implications in the modern age and possible solutions to the same [International Journal of Social Psychiatry](#)

Online Resources

COVID-19, social isolation and loneliness

Summary of recent evidence with links to references and resources [Iriss](#)

The COVID-19 pandemic is focusing attention on loneliness and social isolation

Free article on the social impacts and ways to address them

[Public Health Research & Practice](#)



Social Isolation & Coronavirus 19

Update July 2020



Due to the current coronavirus outbreak, the Library and Knowledge Services are operating a virtual service until further notice. We can provide evidence support with literature searches, current awareness and assistance with accessing our online resources.

Contact us:

Email: library@gmmh.nhs.uk

Call: 0161 358 1772 or 0161 271 0505

All reasonable care is taken to ensure that the information we provide is accurate. We accept no responsibility for the content of, or access to, included web links or the use of the information therein. The information provided is selective, however, the inclusion of a link does not imply approval of the contents of the website.

