

# Is Loneliness Getting You Down?

## ELFT Befriending Service

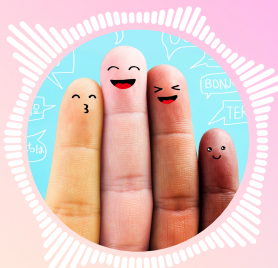


### Regular Weekly Calls

Monday-Sunday  
9am-9pm

### Non Clinical

Talk about whatever YOU  
want to talk about.



### Combat Loneliness

Everybody can feel lonely,  
but you don't have to!

**Ask your Clinician about a referral**

The ELFT Befriending Service is  
completely co-produced and staffed  
by ELFT Service Users and Carers