Ways of connecting when self isolating

Send a friend a voice note

Text someone who is also alone

Call a friend, family member or neighbour

Write a letter, card or email

Skype or video call

Set up a WhatsApp or messenger group

Use social media to stay connected

Chat to your neighbour over the fence, from your front door keeping a safe distance

Find an online community support group

Write your story, who have you connected or reconnected with?

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