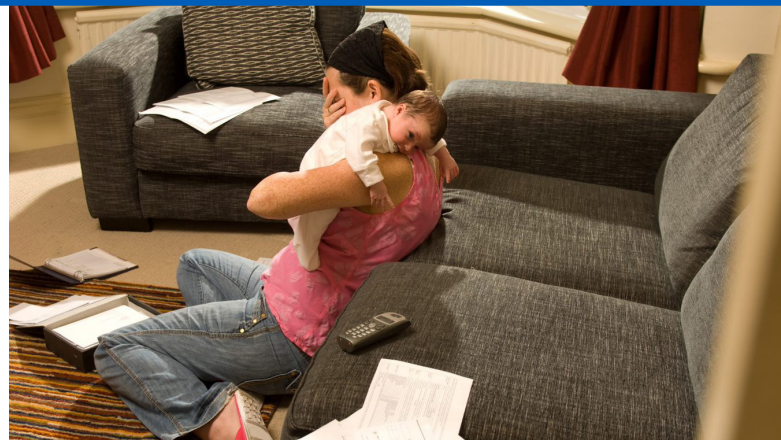# Loneliness e-learning
Helping you to support others

Do you work in health, social or community care? Would you like to help people nurture meaningful social relationships?

Access HEE's new digital learning resource here

Learn how to:

- Understand the importance of loneliness and social isolation and the potential negative health outcomes
- Recognise people at risk, understand the risk factors, the signs, and key risk groups
- Access evidence-based interventions for loneliness and know how to refer or signpost to support and services
- Have meaningful and compassionate discussions with people in able to ensure ongoing support.

Additional resources

Let's Talk Loneliness website: letstalkloneliness.co.uk