

# Nobody should be alone in how they feel

## Maybe we can help...

### ELFT Befriending Service



#### Regular Weekly Calls

Monday-Sunday  
9am-9pm

#### Non Clinical

Talk about whatever YOU  
want to talk about.



#### Combat Lonliness

Anybody 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