

Dear Friend,

## **The Covid-19 Virus**

Befrienders Worldwide and our members around the world are fully aware and touched by the extreme challenges we are facing with the Covid-19 virus. We know how difficult it is to experience sudden restrictions on our lives, including the impact on our family and on our relationships, the impact on our working lives, and the sense of loss that we feel when we are physically isolated.

In this situation, it is more important than ever for all of us to feel socially connected and emotionally supported. Therefore, we should reach out to friends, family, neighbours and work colleagues, using all of the technology tools available; 'phone, Skype, internet chat, text, WhatsApp and email. At the same time, we can be more observant and sensitive to voices that reach out to us for help.

The Befrienders Worldwide member centres and volunteers continue to provide confidential, emotional support no matter the cause of suffering. Please do not hesitate to contact your local Befrienders Worldwide help service by searching for a helpline in your country using the search bar at the top right of this page.

Our members will always respond to your contacts even though, in some cases, it may take a little longer than normal, due to the impact of the current situation.