



# Don't be left alone

Online friends are waiting for  
your contact

JOOHAS BRANDT

Forming friendships can be difficult for a number of different reasons. Loneliness can be caused by e.g. a changed life situation, moving to a new place, or social anxiety.

Through the online friend activities of the Red Cross, it is easy to find a friend to chat with. You can have one-on-one, anonymous conversations with a volunteer online friend e.g. via email or even an instant messaging app.

The activity is aimed at people of all ages.

**Fill out an online friend request: [redcross.fi/onlinefriend](https://redcross.fi/onlinefriend)**



# Online friend

Welcome to volunteer with us

JOUNAS BRANDT

The online friend activities is suitable for anyone over the age of 15 who would like to support those who need a friend in different situations in life.

In an online friendship, the volunteer engages in one-on-one, anonymous conversations with someone who has requested a friend e.g. via email or an instant messaging application.

As a volunteer online friend, you don't need any special skills. We'll train you. If you feel at home on the web and you like writing, the online friend activities might be just the thing for you.

**See more:** [redcross.fi/become-a-volunteer/friend-activities](https://redcross.fi/become-a-volunteer/friend-activities)