

# Stay in touch with loved ones

Social visits have stopped so it's  
important to make contact

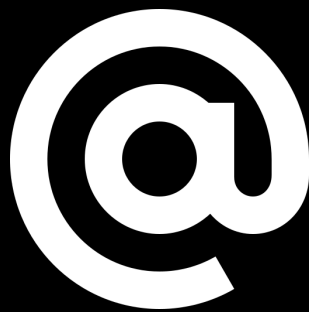
**You  
are  
not  
alone**

## Remember

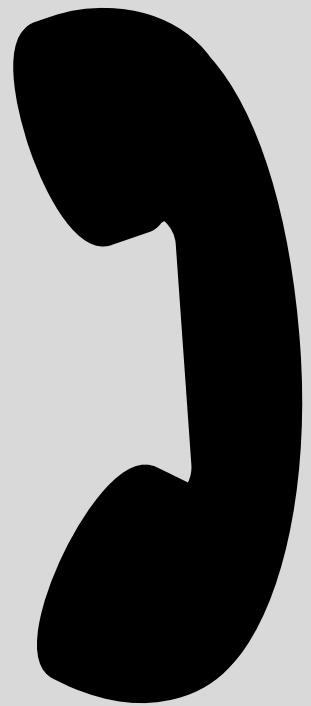
There are many ways that  
you can make contact with  
people on the outside



**Letter**



**Email-a-prisoner**



**Telephone**

**Including in-cell**

**Let  
people  
know  
you're  
OK**



**HM Prison &  
Probation Service**