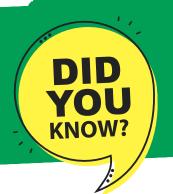


#### Let's talk about...

## loneliness!





Loneliness can affect everyone no matter how old they are!

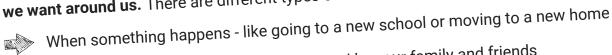
Most children and teenagers feel lonely at times, but it can be difficult to talk about it and even more difficult to ask for help.

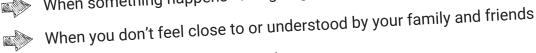
But we can all help to make this easier!

#### What is it?



Loneliness is when we feel we do not have the meaningful relationships we want around us. There are different types of loneliness, such as:





There is no 'one way' to be or feel lonely.

## Things you could do if you feel lonely



Dance or sing



Play a sport



Draw, paint or write



Chat to someone



Find friends with similar interests



Find local activities and clubs



## LET'S

#### Be inspired

Find stories, messages of encouragement and peer support in the universe of *Lonely*, *Not Alone* 

Visit lonelynotalone.org

### People to talk to

# Childline here4you Call 0800 1111 Visit childline.org.uk young-person

#### Shout

Text Shout to **85258**Visit **giveusashout.org** 

#### Samaritans

Call **116 123**Visit **samaritans.org**