



Let's talk about... Loneliness!



DID YOU KNOW?

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:

- ➡ When something happens - like going to a new school or moving to a new home
- ➡ When you don't feel close to or understood by your family and friends

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



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

Call 0800 1111
Visit childline.org.uk

here4you

Visit here4you.co.uk/young-person

Shout

Text Shout to 85258
Visit giveusashout.org

Samaritans

Call 116 123
Visit samaritans.org