

# Top Tips for when you're feeling lonely



## Find people with similar interests

Don't worry if you haven't found "your people" yet. There are many opportunities throughout life to meet similar people.

## Explore ways to express your thoughts and feelings

Find out what works best for you. You could try journaling, sports or listening to music.

## Talk to someone

Opening up is brave. There is lots of support out there, including your GP, friends, family and school.

## Do things you enjoy

Doing things you enjoy and are confident in will make you feel happy!

## Connect with people

Supportive relationships will help us feel less lonely. Spend time with people you trust.

## Look out for yourself

Feelings of loneliness are okay and can happen to everyone at some point. Do what makes you comfortable.

## Be mindful of social media

If social media is making you feel lonely, take a break or be aware of what content is making you feel this way.

## Be kind

Showing gratitude for the things around us can help to make us feel more connected and less lonely.



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# GETTING SUPPORT WHEN YOU'RE FEELING LONELY

Hey, are you ok?

Not really, feeling a bit  
lonely 

Sometimes I feel  
lonely too 

Anything help?

Talking to someone

Like who?

Someone I trust -  
family, friend, teacher... 

...or a helpline 

Thanks 



## Childline

You can contact Childline  
about anything.  
Call free on 0800 1111.

## Shout 85258

Shout offers support 24/7.  
Text "SHOUT" to 85258.



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