

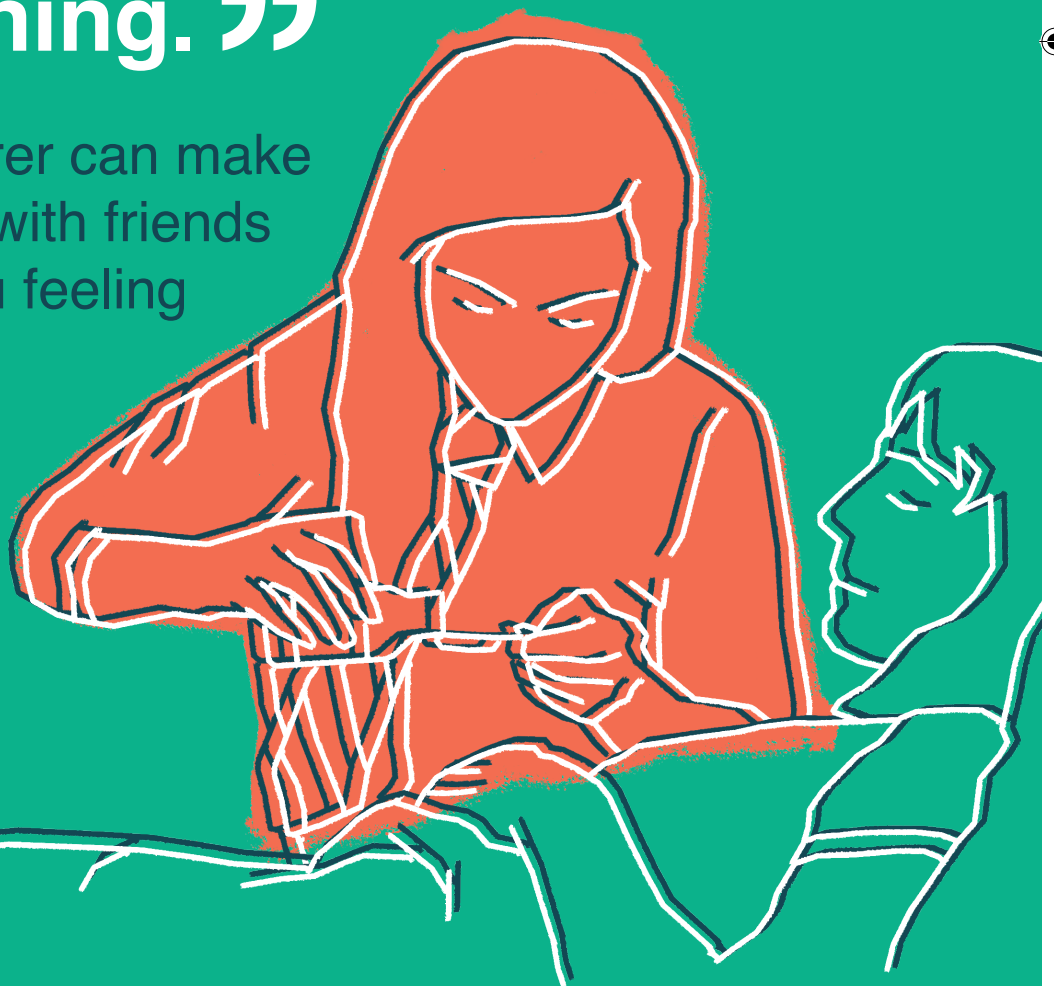
It's okay to
feel lonely.
Let's talk
about it.

Stand up to
Youth Loneliness

“The responsibilities that I
have at home mean that I
can't just go and meet up
with friends without a lot
of planning.”

Being a young carer can make
it difficult to meet with friends
and can leave you feeling
left out and lonely.

Visit thegoto.org
for support and
advice about
loneliness.



**Community First
Yorkshire**

Registered Charity Number: 515538



**The Loneliness Campaign
North Yorkshire**