

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

Stand up to
Youth Loneliness

“Loneliness is when
you feel different
from other people.”

Loneliness can affect everyone,
no matter their age.

Most young people feel lonely
at times.

It can be difficult to talk about
and even more difficult to ask
for help.

Visit **The Go-To**, a website for
young people wanting advice on
loneliness and mental health.
thegoto.org.uk



**Community First
Yorkshire**

Registered Charity Number: 515538

 **TLC**
The Loneliness Campaign
North Yorkshire

“ Loneliness is
like a dark dream
with people all
around me. ”

Stand up to
Youth Loneliness

What can you do if you feel lonely?

- Tell someone you trust how you feel
- Join a club or group where you can meet new people
- Meet new people through volunteering

What to do if you think someone is lonely

- Listen to them and encourage them to talk
- Include them in your plans and introduce them to people
- Suggest they speak to someone they trust

Where to go for help

The Go-To website (thegoto.org.uk) includes advice on feeling lonely and getting help. Or you could call Childline for free on 0800 1111.

Talking about your feelings really does help. You could speak to a class or form teacher, your parents, other family members, a club leader, your support worker if you have one or another trusted adult.

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

Visit The Go-To website (thegoto.org.uk)
for tips to tackle loneliness