

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.”

Feeling different at
school can make you feel
lonely, misunderstood
and not included.

Visit thegoto.org for
support and advice
about loneliness.



**Community First
Yorkshire**

Registered Charity Number: 515538

