

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

Stand up to
Youth Loneliness



“ Sometimes,
when I am by
myself, people
make comments
and I don't feel
like I fit in. ”

Feeling like you don't
belong or you have no one
to talk to can make you feel
left out and lonely.

Visit thegoto.org for
support and advice
about loneliness.



**Community First
Yorkshire**

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