

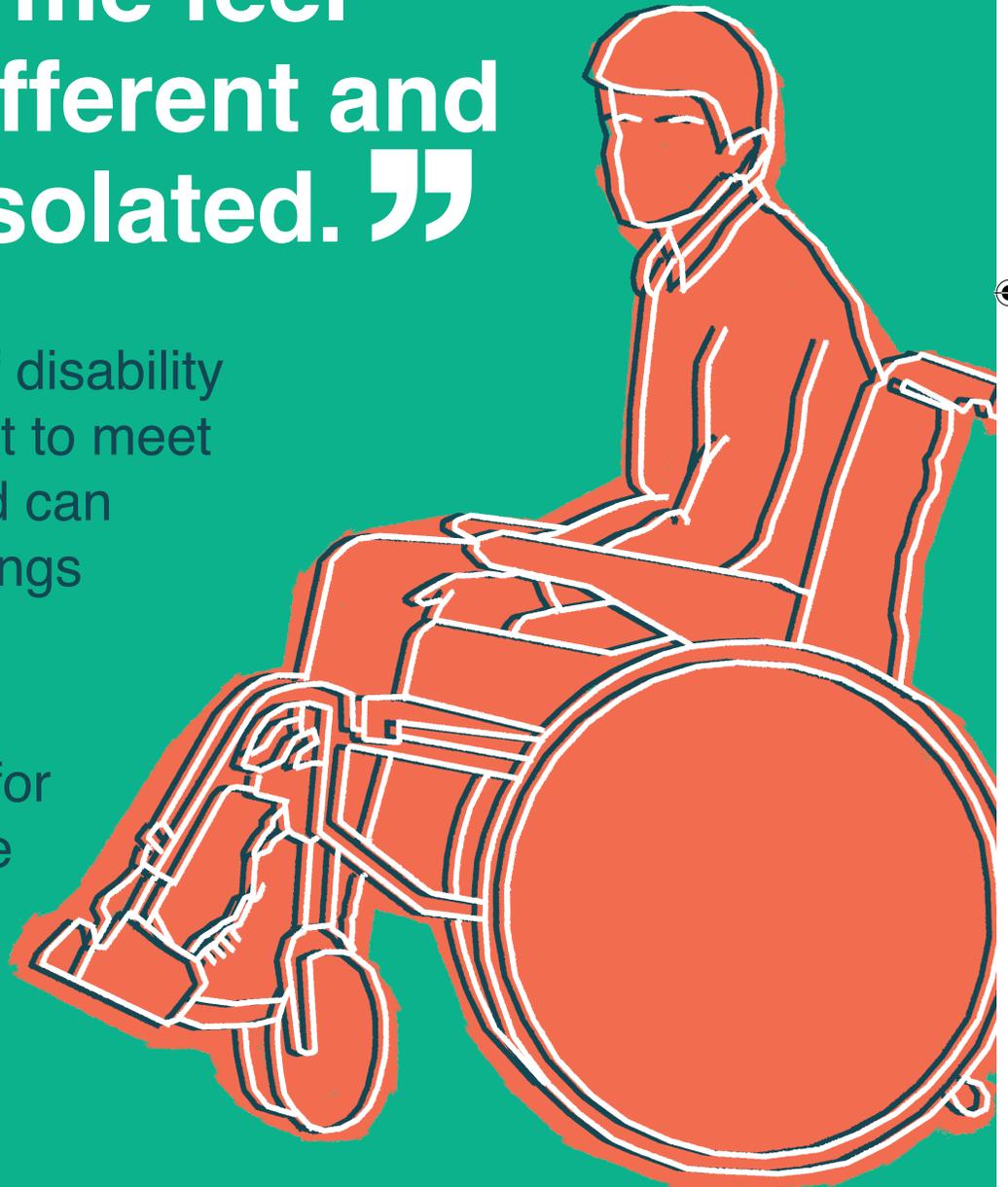
It's okay to  
feel lonely.  
Let's talk  
about it.

Stand up to  
**Youth Loneliness**

“ Having a disability  
makes me feel  
very different and  
often isolated. ”

Having any kind of disability  
can make it difficult to meet  
up with friends and can  
increase your feelings  
of loneliness.

Visit [thegoto.org](http://thegoto.org) for  
support and advice  
about loneliness.



**Community First  
Yorkshire**

Registered Charity Number: 515538

 **TLC**  
The Loneliness Campaign  
North Yorkshire