

You don't need to be physically alone or cut off to feel lonely. You might be surrounded by other people. But it can feel like you're on your own or that no one understands how you feel. Loneliness can make us feel down. And if you feel like this, you can get help.

Kendrick School

Wellbeing Newsletter

Wellbeing

Loneliness

### Things that can help if you feel lonely:

- Keep in touch with people - regular chats with friends and family can help combat loneliness, just talking to someone in that moment can really help you when you feel alone.
- Join a new group or a club - it's a great way to connect with and meet people.
- Do things you enjoy - fill your time doing things you like might be a way to stop you focussing on your loneliness.
- Think about volunteering - it's a great way to meet people and seeing the benefits of your actions can really help to boost your wellbeing.

## Why people feel lonely

Click on the buttons below to find out more from Childline:

Find it hard to make friends

Starting somewhere new

Been abused or bullied

Have lost someone close to you

Don't get on with your family

Have an illness or disability

Have an eating problem or are depressed

A relationship has ended

### If you're feeling lonely, you could:

- Get advice about **building confidence and self-esteem** - this can help you feel confident when you meet new people and focus on stuff you like about yourself
- Use the Childline **Art box** to draw or write down your thoughts and see what makes you feel better or worse
- Try the Childline **copng kit** and get some ideas to cheer you up
- Get support from other people on the Childline **message boards**
- Talk to an **adult you trust**, or come and visit the Student Welfare Team
- Join a club or group where you can meet new people - this could be a sports team, music class or book club. Try our **hobbies and interests board** for ideas of stuff to do
- Talk to a **Childline counsellor** for support, or ask to see one of the school counsellors/nurse.