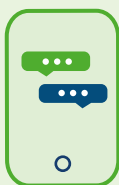


# TIPS FOR YOUNG PEOPLE TO OVERCOME LONELINESS

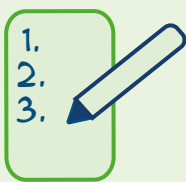
Loneliness is 100% preventable – here are some tips to get you started



Understand and accept your loneliness and feelings of isolation. It's okay to feel lonely some of the time.



Call or text a friend you haven't spoken to in ages.



Make a list of things that give you joy and start doing them. Prioritise hobbies and passions.



Dive back into your self-care routine (or start one).



Reach out to family and friends to reconnect.



Focus on the quality of your friendships over quantity. Take time and energy to strengthen relationships.



Don't know where to start? Join an online community to look for shared interests and make meaningful connections.



Make someone else's day (it will make your day better too!) by volunteering



## Need a little extra help?

Reach out to services online or via phone

Lifeline  
**13 11 14**

Community Connections  
**08 8202 5291**



Beyond Blue  
**1300 22 4636**

Kids Helpline  
**1800 55 1800**

Headspace  
**1800 063 267**

Want to learn more about our #unlockloneliness campaign?

Go to: [www.unitingcommunities.org/loneliness](http://www.unitingcommunities.org/loneliness)

Follow us on  

Don't leave loneliness alone.