



MENTAL HEALTH  
**AWARENESS WEEK**

09TH – 15TH MAY 2022





## Mental Health Awareness Week: Loneliness

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If you are experiencing emotional or social loneliness or know someone who is the following suggestions may be of help.

1. Take up a new hobby or an activity that focuses your attention.
2. Join a club or social group. If you are starting a new school, college or university – see what clubs you can join and then you can meet new people and start to talk to them.
3. Volunteer for an organisation or charity.
4. Talk to people – start a conversation with anyone. It doesn't have to be deep and meaningful but just passing the time of day.
5. Keep a journal on your thoughts and feelings.
6. Try changing your thinking – so turning negatives into positives. This helps to boost one's self-esteem.
7. Contact old friends. Telephone them, write a letter, email or text.
8. Invite people to come and do an activity with you.
9. Talk to your family and friends about your feelings.
10. If you are able to, get active. Go for a walk. Get out in the fresh air. Take in the beauty of nature or your surroundings. Take up a new sport or even just getting some exercise can help one to feel more on top of things.

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If you are finding the going tough, don't suffer in silence, text **MRF** to **85258** to contact a trained SHOUT counsellor about your feelings.