

COMBAT LONELINESS

MEANINGFUL CONTACT

Lots of socialising doesn't necessarily mean you can't feel lonely. Feelings of loneliness may come from a lack of rewarding and meaningful interactions. A meaningful interaction is one



QUALITY ALONE TIME

You are your own best friend! Take days for yourself, learn what you enjoy doing. If you're interested in a new craft, give yourself the space to try it out! If you want to go out to a restaurant but don't have someone else to go with, try a date night with you! You may new things about yourself!



GROUP ACTIVITIES

Join activities or volunteer groups to forge new connections. Reach out to local group in your area to find and develop new connections. You may find that volunteer work gives you both a sense of community and achievement.

MENTAL HEALTH SERVICES

Seek out mental health services.

If you are feeling lonely, you may also be experiencing depressive thoughts or moods. Your mental health is important, ensure you seek mental health services when you need them.



**Find out more about mental health services
via the resources page on our website**