

HOW TO HELP SOMEONE feeling lonely

What to **say**

Feeling lonely can be difficult to talk about. By starting an open non-judgemental conversation you will create a safe space for your friend, colleague or family member to open up.

Keep the conversation **open** and **encouraging**, such as:

- When is a good time for us to connect?
- What can I do to help?
- What do you enjoy doing?
- Is there someone that you feel comfortable connecting with?
- What has made you feel connected in the past?

Avoid making **assumptions** or **dismissing** feelings, such as:

- You have no reason to be lonely, you have friends/family/ people around you.
- It's probably just a lull, you'll feel better soon.
- Just go out then.
- You should do [activity].
- You will feel better once you do [activity].

What to **do**

Learn about loneliness

Understanding loneliness will help you recognise the signs and have supportive conversations.

Include them

Keep connecting and inviting them to do things with you. They might not say yes, but having options and knowing people care will help them feel included.

Suggest something new

If their interests have changed they might want to connect with likeminded people. Explore our [Directory](#) for ideas.

Don't take it personally

If your friend or family member feels lonely, it doesn't mean they don't like you. The type of connections we want or need can change, it's normal.

ENDING
LONELINESS
TOGETHER

