Do you feel lonely?

It's completely normal to feel lonely sometimes. It can be a sense of not being understood, not fitting in, or not having close connections.

Understanding loneliness

Everyone can feel lonely at different points in their life. It's not just about being physically alone — you can feel lonely even when you're surrounded by people. It could happen when you're in a new place, going through a tough time, or simply when you don't feel like you belong.

Loneliness can affect both your mental and physical health. It can make you feel sad, anxious, or down, and over time it can lead to things like depression or low self-esteem. It can also make it harder to focus at school or on things you enjoy doing. Sometimes, when people feel lonely, they start to isolate themselves even more, which can create a cycle that's hard to break. The more you pull away, the lonelier you may feel.

Loneliness is something that everyone feels at some point, even though it might seem like you're the only one going through it. Reaching out for help, making new connections, and practicing kindness toward yourself can make a big difference.

Read more from Mind

Helpful tools
- Young Minds
- CALM
- Kooth
- Childline
- Samaritans
- Talk/Isle Listen

ISLE LISTEN
Because Minds Matter

Talk