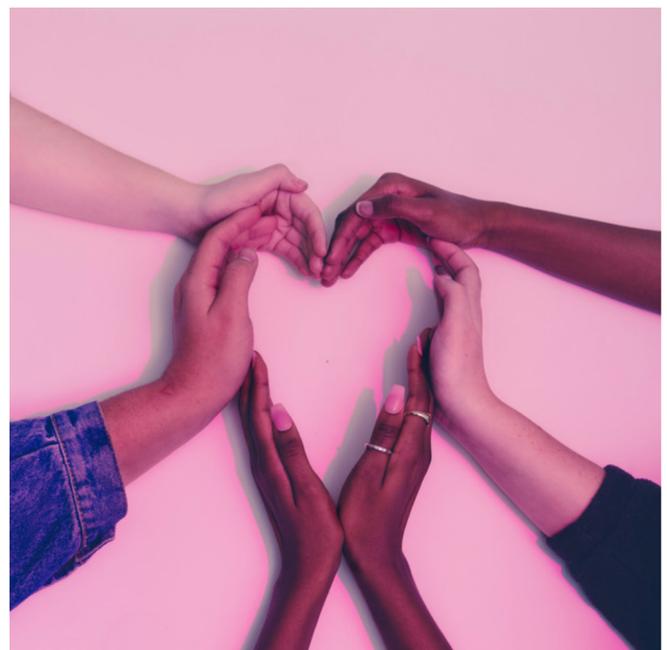




Loneliness Support Guide

Loneliness can affect anyone regardless of age, gender or background. This guide aims to provide advice, support and helplines to give you the tools to overcome loneliness.



Coping mechanisms for feeling lonely

One in five people in the UK say they experience feelings of loneliness, and during the coronavirus pandemic many more of us felt anxious and isolated.

Did you know that statistics suggest that someone you know will also be lonely? Send a text message or a Gif to start a conversation.

Start a new hobby

Finding something else to focus on can be a great way to help you when you are feeling lonely. Start up a hobby you have always wanted to try or do activities that you enjoy.

Ask for help

Loneliness is important and can affect your mental health, while it might be difficult to ask for help. It can be available in many different ways from accessing local support groups, using national helplines to using self-help apps. Find one that works for you.

Be Kind

Kindness is a powerful tool for people you help and for your own wellbeing as it promotes positive feelings and a sense of belonging. Volunteering is a great opportunity to use kindness as well as meeting new people. The Mental Health Foundation has created a list of [volunteering opportunities](#).

Here are some other local volunteering opportunities:

[Barnsley volunteering opportunities](#)

[Kirklees Volunteering](#)

Self Care

While being kind to others is important, being kind to yourself is equally so. There is only one you. Use mindful techniques to help you relax and be in the present. Having a long bath or watching your favourite film is self-care as you are doing things for you and what you enjoy.

Build connections

Technology offers us hundreds of ways to connect with other people including using video services and social media to keep in contact with family and friends. Forums and online chats which enable us to meet new people who share a similar interests, book clubs ([Barnsley college book club](#)) that enable you to discuss favourite genres and find new books to read and online gaming communities where you can play games with new people.

Why don't you get creative in your ways of communicating with your friends and family? Have lunch or create a quiz to do over [Zoom](#). Normally go out with friends over the weekend? Why don't you watch a film together on [Netflix party](#)?

Want to meet someone new? Try Age UK's [befriending service](#).

Create a playlist

Music is a valuable asset as it can change mood, promote wellbeing and enhance memories. Create a playlist of your favourite and happy songs that you can listen to when you are feel low, lonely or anxious.

British red cross has created a loneliness support pack which included a wellbeing toolkit. This toolkit provides advice and activities to support your wellbeing. You can download the resource pack from the link below.

[British red Cross wellbeing Toolkit](#)

Loneliness Directory

There are a number of local and national support lines and groups that are available to support loneliness. Here are some examples:

 	Mind offers a online support including having an helpline available support 9:00-5:00pm Mon - Fri	0300 123 3393 <u>Mind online community</u>
 <small>ONLINE, ON THE PHONE, ANYTIME childline.org.uk 0800 1111</small>	Childline offers supportive helplines and chat facilities for children and young people. Support available from 7:30am - 3:30am	0800 11 11 <u>1-2-1 counsellor support chat</u>
	The Mix offers essential support for under 25s from advice for mental health, loneliness, drugs, alcohol and any other issues that may arise. Helplines are open from 3:00pm - 12:00am	0808 808 4994 <u>Online support</u>
	Samaritans is a 24/7 helpline that offers free, confidential support for anyone who is feeling overwhelmed or alone	116 123 jo@samaritans.org <u>Online support</u>





WaveLength
Fighting loneliness

Supporting people who are lonely by providing a way to communicate and connect with others.

info@wavelength.org.uk

More information

YOUNGMINDS

Youngminds can offer support and advice for young people who are struggling with their mental health or loneliness.

Text YM to 85258

More information



CHILYPEP do a number of activities, events and sessions to support young people in the community. Why not join the Wellbeing Wednesday sessions at Barnsley College?

0114 234 8846

info@chilypep.org.uk



At Barnsley college we run a number of events and activities to support young people and help them connect with others. For more information check out the our website

Students union

Health and wellbeing hub

Why not join the Health and wellbeing's Mindfulness sessions? For more information email the Health and wellbeing centre.

hwbc@barnsley.ac.uk

Useful resources

Using technology has become an part of our everyday lives. Check out these useful apps that can support you:



Youper

Use this app to keep a diary, track your mood and create coping mechanisms. Your own personal trainer for your mind.



Happify

Gain access to a number of games and activities to boost your wellbeing, mood and build confidence to connect with others.



Meet Up

Connect with other people in you community that have similar interests to you. This app helps you find events and groups to connect you with like minded people.



Talk Life

This app is a safe space for you to open up and talk to others who may be experiencing similar feelings. Get support and support others with this open community.



Next Door

Connect with your neighbourhood using this app. Get information on events and activities happening in the local area and meet people who live in your town or village.

Useful resources

Check out these podcasts:



The Kind Place

This podcast by the British Red Cross brings together people who are feeling lonely and discuss what loneliness means to them and how they overcome it.



Happy Place

Fearne Cotton discusses topics regarding life and loss with some incredible guests. While looking at happiness and what it means for them.



The Calmer You

Calm your mind and learn to quieten the inner critic with this podcast as it delves deeper into different struggles and discusses ways to manage them.



How To Fail

Elizabeth Day talks about different failures and how they lead to further successes.

Useful resources



Jonny Sun: You are not alone in your loneliness.

Being open and vulnerable with your loneliness, sadness and fear can help you find comfort and feel less alone, says writer and artist Jonny Sun.

Kio Stark: Why you should talk to strangers

Stark discusses the benefits of pushing past our default discomfort when it comes to strangers and embracing those fleeting but profoundly beautiful moments of genuine connection.

Lidia Yuknavitch: The beauty of being a misfit

Yuknavitch takes us through how she overcome her negative experiences and uses them to shape her life. "Even at the moment of your failure, you are beautiful".

Fay Bound Alberti: A historical journey through loneliness.

Alberti takes us through how the perception of being alone and loneliness has changed with time.

Olivia Remes: How to get rid of loneliness and become happy.

Loneliness is silent and contagious, but it can be overcome. In her talk, Olivia will share her insights on loneliness and how to beat it.