

Loneliness Quick tips

What is making your lonely?

Perhaps you don't see or talk to anyone very often, or you may not feel understood and cared for when surrounded by people. Identifying the cause of your loneliness can help you find ways of feeling better.

Make new connections or spend time with friends or family

You could join a class or community that interests you, or volunteer for a local cause. You can also spend time with current connections by going for a walk together catching up at a local cafe.

Reconnect with old connections

You could check in with people you haven't spoken to in a while. This could be through social media or by text. You could even send a letter!

Create a sense of being in company

You could try listening to the radio or a podcast, or taking a walk in a public park. Sharing something with others, even indirectly, could help create a sense of belonging.

Try something new

There are plenty of classes and courses that could enable you to meet others while also meeting your need for achievement and meaning & purpose.

Volunteering

Volunteering is a great way to meet others and achieve a sense of community. Suffolk Mind is always in need of volunteers so do visit the website to see our latest vacancies.



Find out how well you're meeting your needs through our quick Emotional Needs & Resources survey.

suffolkmind.org.uk/survey



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Are your needs being met?

We can feel loneliness if one or more of our emotional needs are not being met, such as our need for emotional connection or community.

To find out more about our Emotional Needs & Resources approach, you can sign up to become a Friend of Suffolk Mind for free, and receive a complementary space on our award-winning course, The Mental Health Toolkit: The Essentials training.

Scan the QR code or visit suffolkmind.org.uk/friend to sign up.

