



FEELING LONELY, DISCONNECTED OR ISOLATED



Hey, I haven't seen you in so long!
What's up?

Not much

Tbh I haven't seen anyone in ages...
I'm feeling a little lonely rn

Sorry you feel that way :(
but I can totally relate

You want to pick a time to talk
more regularly? Like once a week?

Yeah, that could be good

You know sometimes just chatting about my
day with someone makes me feel less lonely

Or doing something to help
someone out makes me feel
better :)

Wdym?



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It can be as simple as making someone a cup of tea or something

That's a small thing you could do

But then you could start thinking bigger like how you can help more people by raising money for charity or something

So helping others can make me feel more connected to them?

It can yeah

But feeling connected is also about the type of interaction

Ohhh like how it's different talking to someone online than in person?

Yeah exactly

And different people prefer different things so try and do the one you like the most more often



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I guess it doesn't matter anyway bc I don't have that many friends

Everyone else has so many

I get why you feel that way but it's not about how many friends you have compared to others

It's about building the relationships you want

I just don't feel like I can

Its hard, but we could try making new friends with the same interests as us?

Yeah I guess

Maybe we could start going to youth club together

I already know a girl who goes there actually



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Get in touch with her!!

What if she doesn't want to be friends?

Meeting new people is hard
and we don't always get it right

But that's normal

Be kind to yourself :)

So I should contact her anyway?

Maybe I should also get in touch with
some of my other friends I haven't
heard from in a while

Yeah they might be struggling too
and not feel able to reach out

I guess if I can help them feel
better that might help me too

Yeah exactly! Go for it :)





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I hope it helps, I feel so isolated all the time

I can't even sleep properly rn

Have you spoken to anyone about how you're feeling?

No I haven't

No pressure but maybe you should talk to someone?

Like family or friends or someone at school

You could also look here for some info:
<https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>

I'll take a look

Thanks sm for reaching out

Anytime :) I'll call you on Saturday