

Feeling lonely

Most people feel lonely sometimes, for many different reasons. If loneliness is affecting your life, there are things you can try that may help.

Support is also available if you're finding it hard to cope with stress, anxiety or depression.

Things you can try to help with loneliness

Do

- try talking about your feelings to a friend, family member, health professional or counsellor. You could also contact [Samaritans](#), call: [116 123](#) or email: jo@samaritans.org if you need someone to talk to
- consider joining a group or class that focuses on something you enjoy; you could ask to go along and just watch first if you're feeling nervous
- consider visiting places where you can just be around other people – for example, a park, the cinema or a cafe
- consider peer support, where people use their experiences to help each other. Find out more about peer support on the Mind website
- try the [6 ways to feel happier](#), which are simple lifestyle changes to help you feel more in control and able to cope
- find out [how to raise your self-esteem](#)
- listen to [free mental wellbeing audio guides](#)
- search and download [relaxation and mindfulness apps](#) or [online community apps](#) from the NHS apps library

Don't

- do not try to do everything at once; set small targets that you can easily achieve
- do not focus on the things you cannot change – focus your time and energy into helping yourself feel better
- try not to compare yourself to others. On social media you usually only see things people want to share
- try not to tell yourself that you're alone – many people feel lonely at some point in their life and support is available
- try not to use alcohol, cigarettes, gambling or drugs to relieve loneliness; these can all contribute to poor mental health