

# Lifeline

0808 808 8000  
www.lifelinehelpline.info



## INFO + ADVICE 24/7



A free app, designed to give quick advice on many subjects and fast contact info for a majority of life's problems.

Download it today as a source of great info...



www.here2helpapp.com

## Youth Wellness Web

A place where everyone deserves to be helped at any time, no matter how big or small the problem is!

- SCHOOL • BULLYING • WELLBEING
- BEREAVEMENT • MENTAL HEALTH

Remember all age groups can experience loneliness

If you're struggling, it's okay to reach out:

Call **CHILDLINE** on 0800 1111

Text **SHOUT** to 85258

Deaf and hard of hearing telephone users: 18001 0808 808 8000

[cypsp.hscni.net/youth-wellness-web/](http://cypsp.hscni.net/youth-wellness-web/)



## Contact Us

For more information or for additional support, please contact [lonelinessnetwork.abc@southerntrust.hscni.net](mailto:lonelinessnetwork.abc@southerntrust.hscni.net) and we will get back to you.

Visit our Facebook page: **ABC Loneliness Network**



Scan this QR code to access the **Take5** interactive tool



# Loneliness Talking Tips



This is a reminder of life events and circumstances that may cause a person to feel lonely, together with hints and tips of how you can help!



*Loneliness can affect anyone, at any age and at any stage of life.*



## Loneliness often presents itself during life events ...

- ✓ Becoming homeless
- ✓ Becoming a parent
- ✓ Children leaving home
- ✓ Breakdown in a relationship
- ✓ Moving home
- ✓ Becoming a carer
- ✓ Living with a disability
- ✓ Refugee / awaiting asylum
- ✓ Newcomer
- ✓ Divorce / separation
- ✓ Moving into care
- ✓ Bullying
- ✓ Being a victim of crime
- ✓ Living in an abusive environment
- ✓ Experiencing discrimination
- ✓ Losing a job / new job
- ✓ Bereavement

***But remember, this list is not exhaustive, there are of course lots of life events and circumstances that can cause us to experience loneliness.***

## Making your conversation meaningful

Be kind – be careful how you respond

It may have taken a lot of courage for this person to open up

Practice effective non-verbal communication

You don't have to fill empty spaces with words

Address any hearing and visual deficits

Perhaps they have difficulty hearing or communicating

Practice empathy

Imagine yourself in this person's shoes

Engage in active listening

Pretend the whole world has stopped around you both

Know your limits in the conversation

It may not only be loneliness, refer to GP for other issues

Build trust by reflecting what they have said

This shows you are listening and understand

Be a friend or arrange for someone to keep in touch

Perhaps this could be through a support group

## Make a plan

When do they feel lonely? Is there a reason?

What do they enjoy doing now or in the past?

Have they already tried to remedy this?

Start small, doesn't have to be complicated!

Simple steps can be:

Fancy a walk?

Fancy a coffee?

Fancy a chat?