TOP TIPS FOR WHEN YOU'RE FEELING

LONELY

1. Reach out: to your family, friends, or trusted people - you don't even have to tell people you're lonely, just try and lean on your trusted relationships

2. Do something you enjoy to lift your mood: try listening to your favourite music, dancing or going for a run

3. Do an activity with friends – even if it is just going for a walk

4. Spend some time in nature; it makes you feel better

5. Hug your pets

6. Busy yourself by going to groups, clubs or doing activities that are social – it can make it easier to connect with people over a shared interest as you already have something in common

7. Try changing locations; sometimes staying in the same spot can make you feel lonely and isolated; even moving downstairs rather than staying in your room can make you feel better

8. Talk to people your own age who are going through the same thing; you can try trusted and safe online forums or support groups in your community

9. Make yourself plan something to do over the following days so you can get out the house and see other people, even if it is only going to the shop; that interaction with a stranger you walk past goes a long way

10. Check out what's going on where you live; some libraries host book clubs, there might be a local going event on or you might find an exercise class you'll enjoy nearby.

11. Do something that keeps your brain busy and focused, like artwork or puzzles.

12. Delete social media if it makes you feel bad or if you feel reliant on it; have a break and focus on real people and not people who are online.

For more advice and support go to www.healthforteens.co.uk