

# What is Loneliness?

## Key points:

- We can all feel lonely sometimes for many different reasons
- Loneliness can be difficult to cope with and can start to affect our mental health, making us feel sad, depressed, or giving us feelings of low self-esteem
- Sometimes, if we are already struggling with our mental health it can feel difficult for us to interact with our loved ones in the way we usually do. This can then make us feel isolated and lonely when we didn't feel this way before

You may also find that you feel lonely when:

- you start a new school, university or place of work and are finding it hard to make friends
  - you experience a bereavement or loss of someone close to you
  - a relationship or friendship changes
  - you go through something that your peers haven't or are unable to relate to
  - you feel very different from your peers or people around you
  - you aren't able to do the things you see others doing
  - you are struggling with your sexuality or gender identity
- But life doesn't have to be this way; if you're feeling lonely, there are things you can do to feel better. Visit the page: *'6 Ways to tackle Loneliness'*