@ypasliverpool LONELINESS We want to explore different topics around mental health and what they mean to us as young people! BY YOUNG PEOPLE,
FOR YOUNG PEOPLE

Young Person's Advisory Service

CHAPTER 1

LONELINESS - WHAT IS IT?

Loneliness is when we feel we are missing social connection. Some people may be alone and feel happy with this. Some people may not be alone and still feel lonely. It is something many of us experience throughout our lives, and anyone

can feel it. It can happen to people with any number of friends and from any background.



CHAPTER 2

WHY MIGHT WE FEEL LONELY?

- Loneliness can be caused by lots of different things. Whilst it is true that for some, this can be caused by having no or few close connections, some people may experience this and not feel lonely. It can also be caused by:
 - Feeling misunderstood or different
 - Breakdown of friendships/relationships
 - Life transitions eg moving or starting school
 - · Social Media
 - · Low self esteem
 - Not having professional support when we need it
 - Mental health challenges such as Anxiety

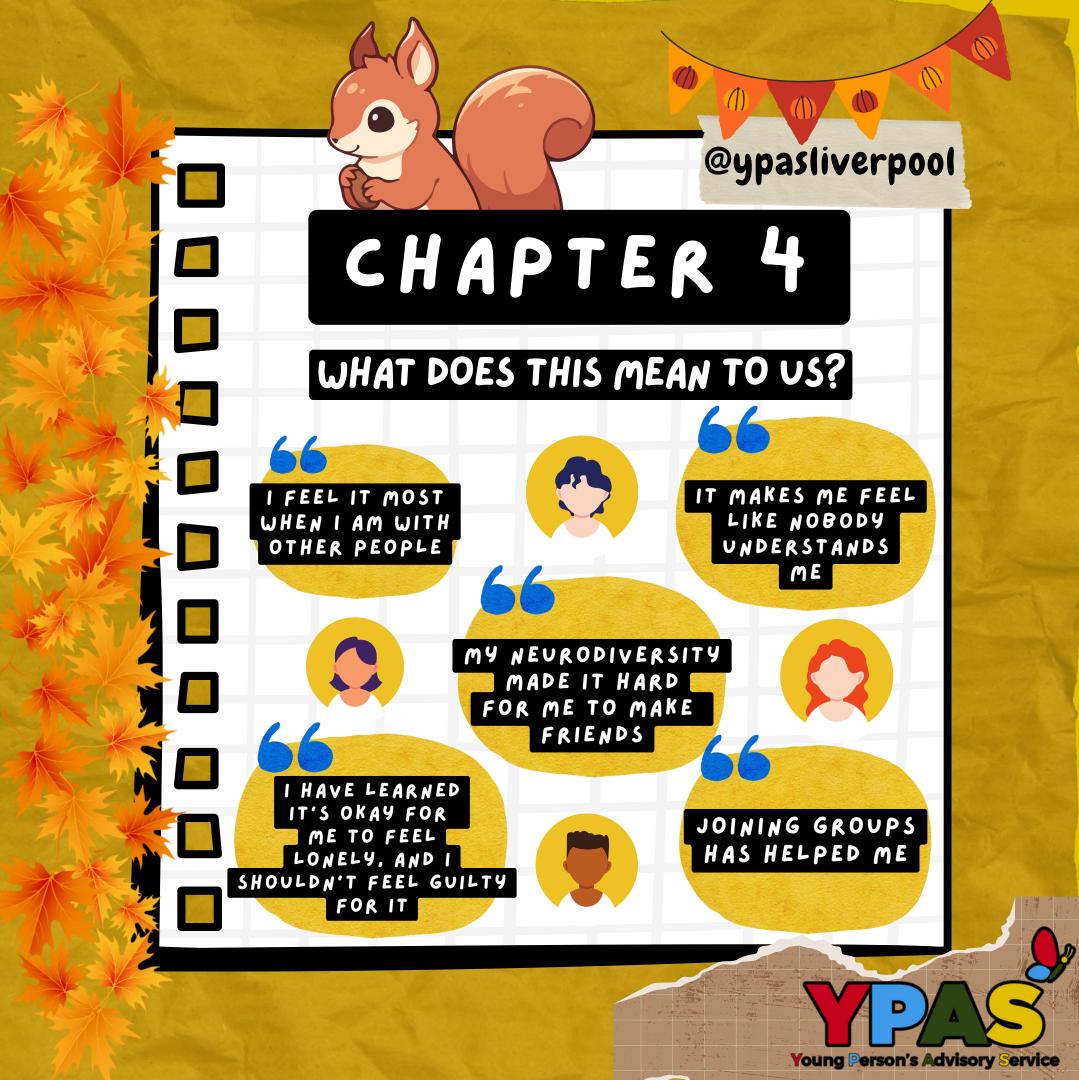


CHAPTER 3

WHAT ARE THE SIGNS?

- We know it can be difficult to know if what we are feeling is loneliness, or something different. Here
- are some of the signs you can look out for in yourself or others, but remember it's okay if these
- don't apply to you, loneliness can look different for everyone!
 - Avoiding social events
 - Isolating more
 - Not attending school/college
 - Sudden changes in social media use
 - Anxiety, restlessness and sleep issues
 - Feelings of sadness and hopelessness





CHAPTER 5

LONELINESS - HOW CAN WE MANAGE IT?

We know that if you are struggling with loneliness, it may feel like it won't get better. But there are ways we can manage. We asked each other how we managed ourselves.

TAKING BREAKS
FROM MY PHONE
HELPS ME TO
FOCUS ON MYSELF

REACH OUT TO SOMEONE

MADE ME FEEL
LESS
LONELY

AT FIRST BUT JOINING GROUPS REALLY HELPED

VOLUNTEERING
HELPED ME
TO MEET
LIKE MINDED
YOUNG PEOPLE

ITRY TO FOCUS
ON SELF CARE
AND SELF LOVE
WHEN I FEEL
LONELY



CHAPTER 6

A MESSAGE TO YOU FROM US

We want you to know that loneliness is something many young people feel today. After the pandemic and with the rise of social media, it is something that often feels difficult to manage, and it can be hard not knowing who to talk to. We want you to know that YPAS is always here for young people across Merseyside. Whether it's joining a group to meet other young people, or simply talking through what you might be feeling with a professional, support is available if you need it, and take it from us, things can get better!

<u>E/m</u>

YPAS YOUNG PEOPLE, 2025



