



Mental Health Awareness Week

9 - 15 May 2022

Together we can tackle loneliness

Loneliness and our mental health
This years theme is Loneliness

Loneliness affects many of us at one time or another. We know that loneliness can be both the driver for and a product of poor mental health.

Our society is changing fast. In recent times, many of us have had far less access to loved ones.

We could be in a room full of people and still feel lonely.

With your form discuss how this is possible?

#IveBeenThere

Show empathy

How can we help ourselves or others?

Be the one to look out for those who may need someone to sit with at lunch or break

It is important to remember that everyone feels lonely at times

I SEE YOU
I HEAR YOU

Join a sports group, take up a hobby or join one of the groups at school

Expand your circle, you can have a variety of friends and it is important not to be possessive over friends

Speak to someone if you are feeling lonely

"Feeling lonely is affecting my mental health"

"My poor mental health has made me lonely"





- [Brené Brown on Empathy – YouTube](https://www.youtube.com/watch?v=HznVuCVQd10)

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Watch this clip and think about how we can be empathetic towards our friends and family.

How might this help to tackle loneliness?

Listening and being there for one another can make someone feel connected.