



Together Against Loneliness



LONELINESS CAN FEEL LIKE DIFFERENT THINGS

Not having a group of friends or a community to belong to.

Not having a close, special person to share your feelings with.

March 21



LONELINESS IS NOT JUST A SAD FEELING

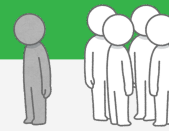
It is bad for our health and happiness. It can make people feel anxious or depressed.

It can also harm physical health.



WELCOMING SPACES

To feel connection, a person must feel welcome and valued, to be invited to join in, and to be safe from stigma.



LONELINESS IS NOT A CHOICE

It happens when people are not supported to build and maintain connections with others. It happens when people are left out of or not valued.



1

2



BEING PRESENT IS NOT THE SAME AS BEING INCLUDED.

People can feel lonely even when surrounded by others if they are not truly connected. Loneliness is also caused by stigma and discrimination.

3

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#WDSD



THE ANSWER IS REAL INCLUSION

It's about having GOOD friendships and relationships. It's the feeling of being VALUED and knowing YOU BELONG.

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