

## Part 2: What does loneliness look like?

### Facilitator Notes

**To aid discussion, some examples of WHO would be lonely:** participants, living in rural areas, living alone, single parents, low income, from LGBTQ+ community, from BAME (black and minority ethnic) community, participants living in areas of high deprivation, or being perceived as different from the wider community in general, etc.

**To aid discussion, some examples of WHY** members of these groups may be lonely: experiences such as trauma, no connections with family members or friendship groups, bereavement, being bullied or experiencing a breakdown in relationships, societal constraints, geography (e.g., living in a rural setting). Can these be controlled by the person affected by loneliness and how (resilience, coping strategies, etc.)?

**To aid discussion, some examples of WHEN** might they be lonely: being on your own for lengthy periods of time, not connecting with others that (young) people identify with in their community, being/feeling 'different' to others in the community, etc.

**To aid discussion, some examples of WHAT** we could do about it: practice self-kindness, reach out to others in our community/online, access support, set goals and create a plan of action, etc.

### Free space - facilitator notes: