

# HOW TO HELP SOMEONE feeling lonely

## What to say

Feeling lonely can be difficult to talk about. By starting an open non-judgemental conversation you will create a safe space for your friend, colleague or family member to open up.

Keep the conversation **open** and **encouraging**, such as:

- When is a good time for us to connect?
- What can I do to help?
- What do you enjoy doing?
- Is there someone that you feel comfortable connecting with?
- What has made you feel connected in the past?

Avoid making **assumptions** or **dismissing** feelings, such as:

- You have no reason to be lonely, you have friends/family/ people around you.
- It's probably just a lull, you'll feel better soon.
- Just go out then.
- You should do [activity].
- You will feel better once you do [activity].

## What to do

### Learn about loneliness

Understanding loneliness will help you recognise the signs and have supportive conversations.

### Include them

Keep connecting and inviting them to do things with you. They might not say yes, but having options and knowing people care will help them feel included.

### Suggest something new

If their interests have changed they might want to connect with likeminded people. Explore our [Directory](#) for ideas.

### Don't take it personally

If your friend or family member feels lonely, it doesn't mean they don't like you. The type of connections we want or need can change, it's normal.