

Mental Health Awareness Week - Loneliness

Here are some tips and advice from Surrey Mental Health Support Teams (MHST's) on how to manage feelings of loneliness.



Put on the radio or listen to a podcast.

Spelthorne MHST

Be around others e.g., with family in the lounge rather than in your room.

Surrey Heath MHST

We can all feel lonely from time to time. It can help to join a new club/ or start a hobby that can give you a sense of achievement and joy, with people who share a similar interest to you

Elmbridge MHST

I find facetimeing my family (and dog) and arranging to meet up helps

Epsom MHST

Challenge!
Try out one of these tips when you next feel lonely.