

## **What to do when you feel alone**

Sometimes, even when you are surrounded by many people, you can feel totally alone. This can create sadness and self-doubt about your ability to be a part of the community or social groups, and lead to depression or other anxieties.

There are many reasons why you may feel this way, but it is important to remember that you are not alone and there are many ways to overcome this feeling, to feel like you belong once more.

### **Reasons for feeling alone**

Feeling alone can be as a result of not understanding what others around you might be doing. Or you may no longer live near your family or friends. Perhaps you don't think others will understand what you are feeling or what you might be going through, so you don't open up and talk to people or you may not know where to go for help.

### **What can you do?**

There are many groups and support services that can engage you in fun, social activities with others who may also be going through the same feelings of loneliness. Consider some of your interests, whether it be reading, gardening, cooking or even eating fine food. It may be light physical activities, walking or visiting art galleries. Organised outings such as these are a great way to get out and about and reducing loneliness. Often others are also attending alone, so it's a great way to meet new people who share similar interests. Joining a group that meets weekly gives you something to look forward to regularly with the opportunities of forming new friendships.

Talking to friends or family or even a professional is also a good way to let others know how you are feeling. They may also be able to offer recommendations on activities that are close by.

The most important thing to remember is that even when you feel alone there is always someone or something that can help you before it gets too much for you. That's exactly the reason why BeConnected exists!

For more information on how you can find the right support or to be connected, go to <http://beconnected.org.au/social-support/>