

SAFE SPACE
RADIO
TIPS & STRATEGIES
Loneliness

If you feel lonely...

- Talk about it. It can feel vulnerable to tell people when we're lonely, but naming it out loud is often the best way to start feeling better.
- If you don't have anyone to talk to in person, call a support hotline or find community online, via social media or in a chat room. The internet can be a great resource for finding people who feel the same.
- Remember that feelings don't last forever. This will pass.
- Draw strength from old relationships, this is what Jara did in summoning up the image of her ancestors.
- Find activities you like doing by yourself. As Annie McCarthy says, "make friends with your loneliness." See if you can turn your loneliness into solitude.
- Get mental health support. Talk with a therapist, or join a support group.
- Get enough sleep.
- Find a place to volunteer. Helping others can help us feel connected.
- Get a dog (or any animal)! Caring for any pet can dramatically reduce loneliness.

Things to keep in mind...

- You aren't alone in feeling lonely. Lots of us feel lonely—studies show that a third of the population experiences loneliness, at any given time.
- It's possible to feel lonely around other people.
- Remember that loneliness does not mean that you are unlovable or unwanted. It simply means you haven't found your tribe yet.

Get creative with it!

- Our episode features stories of creative approaches to combatting loneliness—we'd love to hear yours! Leave us a voicemail at (617) 600-8419.

If you are having thoughts about suicide or harming yourself, reach out. The following resources are available 24/7:

- National Suicide Prevention Hotline: 1-800-273-TALK (8255) (English, Spanish)
- The Trevor Project: 1-866-488-7386 or text "START" to 678678
- Substance Abuse & Mental Health Services: 1-800-662-HELP (4357)