Video transcript of our animated video, Tips to Help with Loneliness

We all feel lonely from time to time, and everyone's experience of loneliness is different. Those of us who might have been feeling this way before the pandemic may be feeling even more lonely now, or it could be the first time you're feeling this way. Connecting with others can sometimes be challenging, so here are some tips that might help with loneliness. Remember, try not to put too much pressure on yourself and take things slowly.

Keep in touch. Sharing how you're feeling might help you feel less alone. You could try reaching out to someone you trust, looking into your university's wellbeing services or call a helpline for support. It can be scary reaching out, but that's completely normal.

Try keeping in touch with people you care about outside of university. Staying in contact with people you already know can be just as important as making new friends. And if you can't meet up in person right now, make plans to video chat, call or message. If you're worried about running out of things to talk about, you could remotely watch a TV show together. And if you're feeling tired of talking online, think about different ways to stay connected, like writing letters to each other, reading the same books, or playing interactive games.

Try to connect with other students. Find out if your university's offering help to connect with other students like online socials, or study groups. And there's lots of friendship and community apps you could use, which can be a good way to meet likeminded people. Just remember to be safe, and stick to current social distancing rules. If you feel able to, volunteering is also a really great way to connect and can help improve your mental health.

Be careful comparing yourself to others. Sometimes it's hard to stop comparing yourself to others, but it can help to just be aware that things are not always what they seem from the outside. On social media, we often only see what other people want to share about their lives, which can make us feel like we're the only ones feeling lonely. If you're struggling, you could try taking a break from social media, look into other ways to spend your time online, or take a break entirely and reconnect with other things that make you feel good.