



# Helping the Lonely



## What is loneliness?

Loneliness is when a person is unhappy because they are alone and don't want to be, but you can also feel alone when you are around other people.

## Who do you think might be lonely?

### The Elderly

Some older people have trouble moving around and can go weeks without seeing anyone. Do you think they would be lonely?

List some ways to support the elderly who are lonely.



### The Homeless and those in prison

The homeless and prisoners are avoided by people who are scared or look down on them. Do you think they get lonely?

List some ways to support the homeless and those in prison who are lonely.



### Someone you know

There could be someone close to you who is lonely. Maybe they are a bit shy and don't talk much. If we see someone who is lonely, we should never walk away.

List some ways to support someone you know who might be lonely.



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Turning Concern into Action

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