

HOW TO SUPPORT A FRIEND WHO IS STRUGGLING WITH LONELINESS

 @BELIEVEPHQ



Work through an activity planner with them and slowly start to schedule in activities they can do which provide them with a sense of pleasure



Help them find some extra support or help through their doctor or a local mental health charity



Encourage them to come up with a list of fun and pleasurable activities which they can master



Support your friend to try and stay active. Exercise is a great way for boosting mood and improving wellbeing



Support your friend to work with them as a team to solve problems



Work with your friend to identify ways in which they can slowly start connecting with friends and family



Reach out to them on a regular basis and check in on them. A phone call, text or email can go a long way



Listen to them. Be patient and understand when they are talking to you



Don't put pressure on them to achieve things all at once. Help them to take things one step at a time



Work with friend to come up with ways they can connect with new people who share similar interests