

SPOT THE SIGNS of loneliness

Loneliness affects people from all walks of life.

Everyone's experience is different but there are some **signs you can look out for** in yourself or those around you.

What you might **hear**

We all express ourselves in differently.

Below are just some examples of what someone may say if they're feeling lonely.

- No one understands me.
- I don't have anyone to turn to or talk to.
- I don't fit in/ feel accepted/ belong.
- I feel lost/ empty.
- No one has my back.
- Why don't people like me? What's wrong with me?
- You can't trust people.
- I think I'm just different.



What you might **see**

You can be surrounded by people and still feel lonely. And, you can be alone and not feel lonely.

Do not assume someone is or isn't lonely based on who is around them. Instead look out for some of the below signs.

- Avoiding or withdrawing from others to prevent rejection.
- 'Soft' requests to connect as to not to burden others. For example 'I would love to catch up but no pressure at all, I don't want to put you out'.
- Poor eye contact and/ or withdrawn body language.
- Less engaged in conversations and work.

What you might **notice**

Life changes such as losing a loved one, moving countries, relationship breakdown, job loss, becoming a parent, starting university/ school can make someone more vulnerable to loneliness.



JOEY'S SIGNS.
WATCH.

Relationships Australia



**ENDING
LONELINESS
TOGETHER**

