



Mental Health Awareness Week

9 - 15 May 2022

We have all experienced feeling lonely, and this can be a normal emotion to feel from time to time. Although, loneliness can negatively affect our mental health when severe or lasts a long time.

Often, the stigma of loneliness makes it difficult to talk to others about – we have the fear of being judged or feeling we are a burden on those closest to us. This can affect our mental health as we naturally want to have the sense of belonging.

Loneliness makes it harder to connect

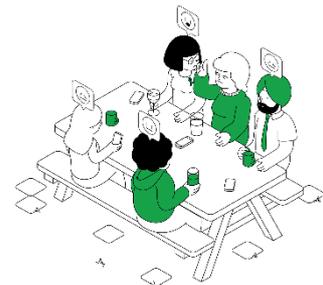
Leads to feeling afraid of social situations

Meaning it is harder to find joy in life and escape negative thoughts

Some Top Tips for Tackling Loneliness

1. Try to do some enjoyable things that will keep you busy
2. Try to do things that stimulate your mind
3. Think about doing a physical activity
4. Try to engage with the people you meet in your daily life.
5. Find people that 'get you'
6. Spend time with pets
7. Try to use social media in a positive way
8. Talking therapies can help

Together we can tackle loneliness



Mental Health Foundation;
[MHAW Loneliness Help and Advice.pdf \(mentalhealth.org.uk\)](https://www.mentalhealth.org.uk/MHAW_Loneliness_Help_and_Advice.pdf)

Find some more tips on tackling Loneliness on the Mental Health Information Point, where young people across East Lothian have shared ways that they continued socialising and keeping their mental health positive while feeling lonely; [Mental Health and Wellbeing - Mental Health Week 2022 \(google.com\)](#)

If you are looking for someone to speak to or have concerns around your mental health and are looking for support, please read the information below which lists organisations which are there to help.

Support for Parents

Children 1st Parent line	<p>Call: 08000 28 22 33 (Mon-Fri; 9am-9pm, Sat-Sun; 9am-noon) Email: parentline@children1st.org.uk</p>	<p>Children 1st Parentline can support families in East Lothian struggling with money worries, family troubles, or feeling low. For more information, visit: Children 1st Parentline - Parenting Help, Advice & Support Children 1st</p>
Young Minds Parent line	<p>0808 802 5544 (Free Monday to Friday 9.30am – 4pm) Email: Parents Email Service</p>	<p>Young Minds is available for parent who are worried about their child, and looking for some advice, to contact. For more information, visit: Parents Helpline - YoungMinds.</p>
Young Minds Help finder	<p>https://youngminds.org.uk/supporting-parents-helpfinder/</p>	<p>Young Minds Help finder is an interactive questionnaire. It provides you with their most relevant tips, advice, and where to get support for your child's mental health during the COVID-19 pandemic.</p>
School	<p>Preston Lodge Telephone Number: 01875 811170</p>	<p>Your school can help you too. Contact, or encourage your child to contact, their guidance teacher. They can help to get the right supports in place at the right time.</p>

Support for Young People

Childline	<p>0800 1111 9am-3.30am Childline Childline</p>	<p>Children and young people can contact Childline with any worries or concerns. There is also an online message board to speak with other young people in similar situations to yourself; Message boards Childline</p>
Samaritans	<p>116 123 (24 hours, 7 days a week) Contact Us Samaritans</p>	<p>Contact Samaritans to chat to a worker confidentially about anything you are going through. They can signpost to organisations that can help with particular concerns, or just listen to how you are and anything you want to speak about.</p>
Young Minds	<p>Text YM to 85258</p>	<p>Young Minds provide support for young people experiencing a mental health crisis. They also have information on their website around mental health: Find help (youngminds.org.uk)</p>

Both Parents and Young People can access our Mental Health and Wellbeing Information Point for reliable information, advice and signposting around mental health. [Mental Health and Wellbeing \(google.com\)](#).