

Supporting isolation and loneliness

Key takeaways for parents & carers

- ✓ **Loneliness is common** among young people and can affect confidence, wellbeing, and engagement with learning.
- ✓ **Loneliness isn't always about being alone** - students may still attend lessons but feel disconnected or misunderstood.
- ✓ **Many factors can contribute**, including changes in schooling, social anxiety, low confidence, or learning online.
- ✓ **Watch for signs** such as withdrawal, low mood, avoiding social interaction, or reduced motivation.
- ✓ **Open communication matters** - listening without judgement helps students feel safe to share how they feel.
- ✓ **Small social opportunities help** - encouraging friendships, clubs, or shared activities can rebuild confidence
- ✓ **Parental support makes a difference** - patience, connection, and seeking support when needed can help students feel less alone.



Promoting connection, kindness and community ❤️

Things you can say to your child:

- ✓ **“You’re not alone – I’m always here to listen.”** Reassures them that they have support and someone who cares.
- ✓ **“It’s okay to feel this way sometimes.”** Validates their emotions and helps them feel heard.
- ✓ **“Do you want to tell me what’s been making things feel difficult lately?”** Opens the door for conversation without pressure.
- ✓ **“We can work through this together.”** Shows that they don’t have to face challenges by themselves.
- ✓ **“I’m really proud of the effort you’re making.”** Encourages confidence and recognises their efforts, even if things feel hard.
- ✓ **“Is there something we could do together that might help you feel a bit better?”** Encourages connection and shared activities.

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Recommended Support Links

YoungMinds (Parent Support Hub)

<https://www.youngminds.org.uk/parent/>

Childline (Support for young people)

<https://www.childline.org.uk/>

NSPCC (Advice for parents and carers)

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

Mind – Children and Young People’s Mental Health

<https://www.mind.org.uk/for-young-people/>

Anna Freud – Support for young people and families

<https://www.annafreud.org/on-my-mind/>

NHS – Loneliness in Children and Young People

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/loneliness/>