

Loneliness

Same day appointments

Monday to Friday

Access through **iPoint**

Workshops and support groups

See website for details

hud.ac.uk/wellbeing-disability-services

It is a cliché that it is possible to feel lonely in a crowd. But it is all too true - and all too common at university. Surrounded by people with whom you supposedly have lots in common, it is easy to feel excluded.

This leaflet will give you more information about loneliness and what you can do to overcome it.



Wellbeing and Disability Services
Level 4
Student Central
Email. studentwellbeing@hud.ac.uk
Tel. 01484 471001

You can feel lonely when:

- You are alone and don't want to be.
- You don't feel part of a group or event.
- There is no-one to share your feelings and experiences with.
- You are missing special people or places you care about.
- You feel people don't know who you really are.

How does it make you feel?

- Like an outsider.
- Invisible and unknown.
- Unloved and unwanted.
- Socially inadequate.
- Self-conscious.
- Angry and critical of others.

What can you do?

Remember that loneliness is very common. It is something that can be changed—by finding and develop friendships or by learning to enjoy your times alone.

Don't sit back waiting for other people to speak first. Talk to people you sit next to in the class or at the coffee machine smile and say hello. They might be feeling just as lonely as you.

Develop your interests and meet people with whom you have something in common. Join a club or society through the Students' Union. Choose something you enjoy but don't overstretch yourself. Remind yourself that good friendships take time to develop - be patient.

High risk times

1. The first week—everything feels new and unfamiliar.
2. The first term—you may feel uncertain about your work, unused to looking after yourself and feel unsupported.
3. Returning after Christmas—after spending time at home with friends and family.
4. Exam periods—the pressure of revision can reduce social contacts and increase anxiety about your ability and self-worth.

Where can I find help?

It can be very difficult to admit to feeling lonely because a sense of personal failure so often goes with it. Haven't you been told what a great time you'll have at University?

Acknowledging the problem really helps. Many students find the greatest help is talking about their feelings to someone who listens, cares, understands and accepts them.

You can talk to:

Your personal tutor

Please ask your school office if you don't know who this is.

Wellbeing advisers

Email. studentwellbeing@hud.ac.uk

Counselling Service

Tel. 01484 471001

Email. counselling@hud.ac.uk

Students' Union Advice Centre

Tel. 01484 473446