

# Loneliness

Starting university is exciting. However, it's a source of uncertainty and a time in which many people are alone for the first time. It is possible to feel lonely in a crowd – and it is all too common at university. Surrounded by people all studying alongside you, it is easy to feel excluded or isolated.

## What can loneliness feel like?

- Like you are an outsider
- That you are invisible and unknown
- That you are unloved and unwanted
- That you are socially inadequate
- Overwhelming and emotional
- Heightened insecurities and anxieties
- That you wish to be somewhere else

## What causes loneliness?

Loneliness doesn't have a specific cause, and can be triggered by different factors in different people.

### Factors include:

- Not seeing people often
- Not talking to others
- Feeling you have nothing in common with your community
- Life changes such as moving home

## What we offer

- Togetherall - online support network
- Same day appointments
- Bookable appointments
- Counselling
- Workshops and Groups programme

## What can you do to help yourself?

**Accept your feelings.** Acknowledge and accept your feelings, but remember that they will pass. Loneliness and feeling homesick is very common and is something that can be changed.

**Build new friendships.** Talk to people in class, smile at people in the street, or chat over the vending machine! Others may be feeling just as lonely as you. Decide whether frequent contact with home is making you more isolated at university – finding a balance is key. A great way to meet new people with similar interests is by joining a society or club through the Students' Union.

**Spot negative patterns.** If you know you feel particularly lonely in the first weeks of term, make plans to keep yourself busy. If you realise you're feeling lonelier, get out of the cycle and do something new or speak to someone who can help.

**Seek help.** Ask for help, either from a trusted friend, family member, a Counsellor or a Wellbeing Adviser. They can listen and help you think things through and explore options that might help things feel easier.

**Remember:** up to 70% of new students feel some level of homesickness. You are not alone – there are people here to help you!

## Get help

**Self-help:** [hud.ac/k4o](http://hud.ac/k4o)

**In person:** Wellbeing and Disability Services, Level 4, Student Central.

**Email:** [studentwellbeing@hud.ac.uk](mailto:studentwellbeing@hud.ac.uk) **Tel:** 01484 471001 **Web:** [hud.ac/wellbeing](http://hud.ac/wellbeing)