

# What can I do if I'm feeling lonely?

Loneliness is a strong and unwelcome sense of feeling alone

You don't have to be on your own to feel lonely. You can be surrounded by people and still feel lonely

## How would I know if I'm feeling lonely?



Craving physical connection



Feeling isolated, no matter where you are and who you're with



Inability to connect with others



Having few or no close friends

## Why might I be feeling lonely?



## How can loneliness affect my wellbeing?



## If you're feeling lonely, it might be helpful to...



[bwcharity.org.uk/loneliness](https://www.bwcharity.org.uk/loneliness)

Supporting the banking community past and present

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