

Loneliness & Isolation



Loneliness and isolation have been identified as an increasing concern for all ages.

If you are worried about a child or young person feeling lonely or isolated, there are things you can do to help.

If you are noticing any changes from a child/young person's presentation, **be curious with the family** to find out more. Remember to discuss confidentiality agreement and boundaries with the pupil before having conversations with them.

Look

- Are they spending increasing time on their own?
- Are there changes in their engagement in social situations?
- Are there changes in their relationships with friends and family?

Listen

- Others saying that they are not engaging as before (clubs etc)
- Crying, sadness, low mood, anger, expressing their loneliness
- Changes in connection-seeking behaviours

Say

- "I've noticed... and I'm wondering what's happening?"
- "Let's think about this together."
- "Help is available for you."

Do

- Offer emotional support, let them know you care with regular check-ins
- Involve them and their peers in acts of kindness and belonging
- Think with the child/young person about distraction and calming techniques e.g. music, breathing exercises, writing their thoughts down
- Gentle encouragement and scaffolding where needed
- Let's Talk: Best Practice for Supporting Engagement http://schools.essex.gov.uk/pupils/social_emotional_mental_health_portal_for_schools/Pages/lets_talk_semh_resource_suite.aspx

Signpost

- Essex Youth Service youth.essex.gov.uk
- Kooth.com www.kooth.com & Togetherall togetherall.com/en-gb
- Essex Wellbeing Service 0300 303 9988
- Educational Psychology in CAMHS: educationalpsychologyCAMHS@essex.gov.uk
- Shout text service: 85258

Essex promotes the values of Trauma Perceptive Practice (TPP) in all that we do:

Compassion & Kindness

Hope

Connection & Belonging

Other topics available in this series of posters:

Disordered Eating, Self-injury and Social, Emotional and Mental Health Pillars.

If you found this poster useful and would like to propose more themes to add to the range, please get in touch: semhstrategy@essex.gov.uk