

North Yorkshire Loneliness Campaign to support young people

Research suggests that many young people experience feelings of loneliness yet struggle to ask for help¹. Many don't know where to go and the large silence surrounding the topic suggests that tackling stigma is critical to helping people seek help for loneliness.

It isn't a simple issue and will need everyone across our communities to collaborate and work together to help tailor our responses towards the young people in our community and as individuals. Many young people are not aware of the support available to them, meaning work needs to be done at a local level to reach out and link in with existing community assets and capacity to help tackle loneliness.

Here at Community First Yorkshire as part of The Loneliness Campaign, we have been working with young people to create the *Stand Up To Youth Loneliness* campaign that will not only highlight the issues surrounding the isolation that affects young people, but will also encourage conversations about loneliness, with a view to removing stigma. It also signposts to further resources that can support young people with feelings of loneliness and other issues they may be experiencing.

We have created a number of resources as part of this youth loneliness campaign:

- A poster series for young people, highlighting some of the issues around loneliness.
- An accompanying flyer with information and direction to The Go-To, aimed at supporting young people with loneliness and other mental health issues they may be struggling with.
- A resource pack for professionals, providing more detailed information, links to further resources and an example lesson plan.

You can view and download PDF copies of all these documents on the Community First Yorkshire [website](#).

You can also request hard copies of any of the resources by emailing: tlc@communityfirstyorkshire.org.uk