# It is normal to feel
lonely sometimes.

Even people who are surrounded by others can feel lonely.

Loneliness is the feeling of not being cared for, valued or seen by the people around us.

You might feel lonely if you:

- Moved to a new neighborhood or changed schools
- Stopped taking part in an extracurricular activity
- Experienced a change in who lives in your home
- Feel anxious about socializing with others
- Lost a family member or friend
- Had a fight with a friend or broke up with a romantic partner
- Feel like you are not accepted for who you are by your peers
- Feel left out by others on social media

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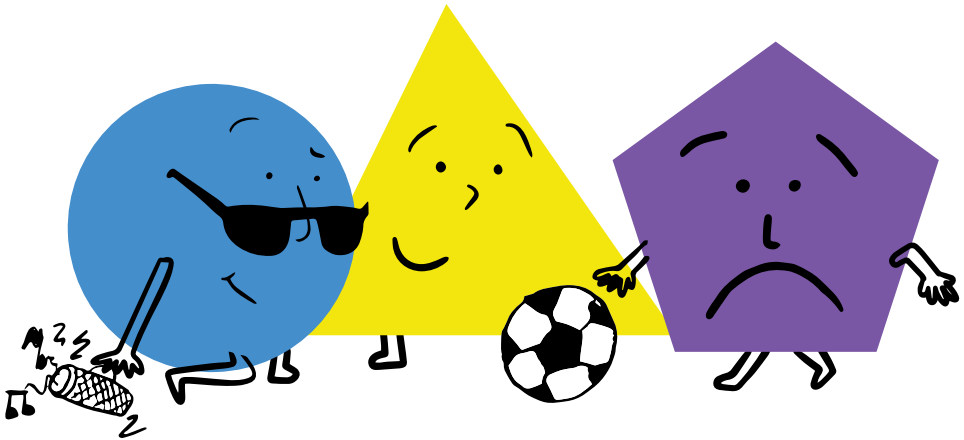
Social connection makes us feel better and keeps us healthy. If you are feeling lonely, try these actions:

- **Talk to someone you trust.** This could be a family member, friend, teacher or coach. Sharing your experience can help you feel connected and less alone. You may find that others feel like you do and are relieved to talk about it.

- **Find an activity or class that interests you** — it could be an art class, a pick-up sports game, a club at school or a part-time job. When we connect with people who have shared interests, we feel closer to them.

- **Get involved with your community.** Join a local community group, volunteer or offer to run an errand for a neighbor. Supporting others can help us feel less lonely.

- **Find healthy ways to connect on social media.** Many people present a version of their lives that seems perfect on social media, which can make others feel bad or left out. If spending time on social media is making you feel worse about yourself, consider disconnecting for a little while.

- **Ask for help if your loneliness feels unmanageable.** Tell a parent, teacher or another trusted adult how you feel.

If you feel lonely all the time, you might need extra support.

For more support and to speak to a counselor 24/7, call 888-NYC-WELL (888-692-9355), text WELL to 65173 or visit nyc.gov/nycwell. These services are free and confidential, and interpretation is available in over 200 languages.