Your Southern Area Guide to Loneliness

Loneliness is a normal human emotion.

Connection matters.

Loneliness can affect anyone, at any age. We have created a short resource to educate and sign post to local supports.

Southern Area AIPB
Mental Health Task and Finish Group

Almost

1 in 5

people aged 16+ in Northern Ireland reported feeling lonely at least some of the time in 2024/25.
NISRA, Individual Wellbeing 2024/25

AT ANY AGE. AT ANY STAGE.

For example, starting school or university. Moving home or changing jobs. Becoming a parent or carer. Retirement. Bereavement or a relationship ending.

You can feel lonely even when surrounded by people.

1 Notice what you need	2 Try one small step	3 Go at your pace
Are you missing company, someone to confide in or a sense of belonging?	Message someone you trust or explore an activity linked to something you enjoy.	Ask someone to come with you or contact the organiser before a first visit.

Find Resources and Support Locally

Newry, Mourne and Down

Tackling Isolation and Loneliness Together (TILT)

Tackling Isolation and Loneliness Together **explains loneliness and social isolation**, with **practical tips and links** for different life situations. Explore resources for new parents, carers and people coping with bereavement, plus **ideas for connecting through shared interests and volunteering**.

Explore TILT resources

Scan or click

Armagh, Banbridge and Craigavon

Connect Well, Live Well

Find Chatty Walks with the **Verve Healthy Living Network, Chatty Bench locations** and a **directory of local support**. The directory includes carers' support, family befriending, community activities and transport. Explore options that fit your interests and circumstances.

Explore activities and local support

Scan or click

Mid-Ulster

Mid Ulster Loneliness Network

Explore Chatty Cafés, where designated tables offer space for conversation, and **free Chatty Library sessions** in a relaxed setting. The Network also shares **Chatty Bench locations** and the **Kindness Post-box project**, which connects generations through letters, drawings and cards.

Explore opportunities to connect

Scan or click

If loneliness is persistent or affecting your wellbeing, speak to your GP. You do not have to wait until things feel overwhelming.