

Let's Talk:

# Loneliness & Isolation



**Covid-19 has had an impact on the lives of children, young people and families in Essex. Loneliness and isolation have been identified as an increasing concerns 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

## Signpost

- Essex Youth Service <https://youth.essex.gov.uk/>
- Kooth.com <https://www.kooth.com/> & Togetherall <https://togetherall.com/en-gb/>
- Essex Wellbeing Service 0300 303 9988 (for education staff and families)
- EWMHS EP helpline: <https://bit.ly/38vdNZm>
- 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](mailto:semhstrategy@essex.gov.uk)



Essex County Council