

Loss and loneliness

Feeling lonely or sad?

You may feel very alone at times, especially when you are worried about something. Sometimes you feel like you are the only one who has ever had this problem. You should not feel that you are alone in times when you are worried, depressed or lonely – share these feelings with someone you trust or you can call Childline on 08000 55 555.

No matter how negative and hopeless you may feel right now it is important to remember that you will not always feel this way. You have the choice to take control of your life and work towards a healthy, happy future.

Going through loss

If someone you loved or depended on has died recently you are probably feeling lonely, sad and maybe even afraid or angry. If you feel like there is no one you can share this difficult time with, you can call Childline on 08000 55 555. There will be someone who cares waiting to take your call.

If this death has left you feeling sad and also burdened because of the responsibilities that are now yours – you need to talk to someone. Your childhood is precious and you should be able to enjoy the freedom of being a young person.