

# **Tackle loneliness head on**



Building Connections is an NSPCC service that empowers young people experiencing loneliness.

## **Building Connections**

An **NSPCC** service

## Many young people said they didn't feel equipped to cope with loneliness.

- The service has been created for young people up to the age of 19 who are experiencing loneliness.
- Across 11 online sessions, young people work through a seven-step programme with a befriender.
- Each Building Connections session gives young people tools that'll help them find a way through loneliness.

Hi, I'm Michelle 



"Whether a young person feels confident sharing their experience of loneliness or finds it more difficult to open up, that's okay. We're here to support them. Each session will help them find tools and build resilience to cope with loneliness."

**Michelle, Building Connections Befriender**

Build SUPPORT. Build CONFIDENCE. Build CONNECTIONS.

 **Search Building Connections**