# Tackle loneliness <u>head on</u>



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

### Building Connections An NSPCC service

## 65% of secondary school students said they didn't feel equipped to cope with loneliness.

#### Building Connections can support you through.

Created for young people up to the age of 19. Discover tools that work for you by working with a befriender online over 11 weeks.

Befrienders are adult volunteers who are reliable and supportive. They're trained to guide you through the Building Connections programme.



### Hi, I'm Michelle 🖉

"Whether young people are confident sharing their experiences of loneliness or they find it more difficult to connect initially, that's ok, we can work with them building a supportive connection. Allowing them to find the tools and resilience they can draw upon to cope with loneliness."

Michelle, Building Connections Befriender

Build <u>SUPPORT</u>. Build CONFIDENCE. Build <u>CONNECTIONS</u>.

Talk to your teacher for more information

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