







Me, Myself & I

**What does
loneliness
mean to
You?**

Why young people feel lonely



**3 Main Causes of Loneliness
have been highlighted as:**

- **Social Environment**
- **Social Skills**
- **Perceived Environment**

TEDx

- [Karen Dolva: All the lonely people | Karen Dolva | TEDxArendal | TED Talk](#)
- [Olivia Remes: How to get rid of loneliness and become happy | Olivia Remes | TEDxNewcastle | TED Talk](#)

How do we

Make
A
Difference

How?

Be Youth Advocates

Remove Misconceptions

Provide range of solutions

Ask Young People



What did we do!

#Don'tBeeLonely Survey





Thank you for Listening

Any Questions?



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