

Causes of Loneliness

Loneliness may begin with...

- a death
- a broken relationship or romance
- a move of home
- a change at work
- an accident or illness
- leaving school or other change

It may be prolonged by...

- lack of trust
- fear of rejection
- fear of being alone
- lack of transport
- poverty
- low self-esteem
- self blame
- expecting too much

Reactions to Loneliness

Some reactions may be...

- crying a lot
- sleeping a lot
- over eating
- getting drunk or taking drugs
- withdrawing from usual activities and routines
- spending a lot of time being inactive (e.g watching TV, playing computer games)

Some distractions may be...

- browsing the shops
- going for a trip
- taking a walk
- getting out of the house
- going to the library
- joining a sports team or group
- learning a new activity or hobby (e.g. dancing, craft)

Learn to enjoy your own company by identifying with the good things about yourself.

Your Needs May Be Met By...

Talking it over with

- someone you share your problems with
- someone you work with
- someone who challenges you

Seeking support in a group

- in your family
- in a neighbourhood group
- in a social club, religious group, sport or recreation group

Inviting others

- to a social occasion
- to a meal
- to help you personally

In developing those contacts

- identify how you have been supported
- say thank you for support from others
- ask for what you need
- try to be reasonable

Listening

- everyone needs to listen and to be listened to

Respecting

- the views and belongings of others

Asserting yourself

- express your own needs, values and feelings without dominating others

Involvement Reduces Loneliness

There are lonely people in your neighbourhood who may appreciate your friendship:

- new arrivals
- unemployed
- women at home
- teenagers
- disabled
- bereaved

What to do

- telephone someone
- visit someone
- write a letter

Start by making some small gesture to someone else.

Relationships take time to build

For further assistance contact:

- Citizens Advice Bureau
0800 FOR CAB (0800 367 222)
- Mental Health Education and Resource Centre
0800 424 399
- Mental Health Foundation
03 366 6936

Also see the Personal Help Services section in the front of the White Pages.

Pamphlets Available in This Series

Understanding ...

Anger
Bereavement
Conflict
Decision Making
Disaster
Self-Esteem

Canterbury

District Health Board

Te Poari Hauora o Waitaha

Community Health Information Centre
Community & Public Health
(A Division of the Canterbury District Health Board)

310 Manchester Street, Christchurch
18 Woolcombe Street, Timaru
Elizabeth Street, Ashburton
3 Tarapuhi Street, Greymouth

www.cph.co.nz

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Understanding

White Pages