WHAT TO DO IF YOU'RE FEELING LONELY
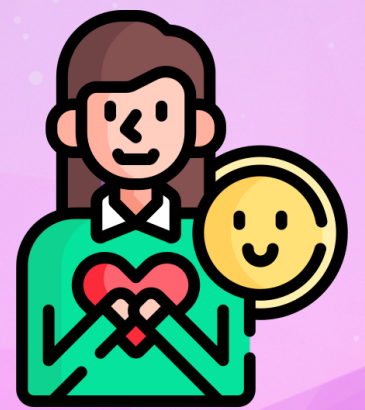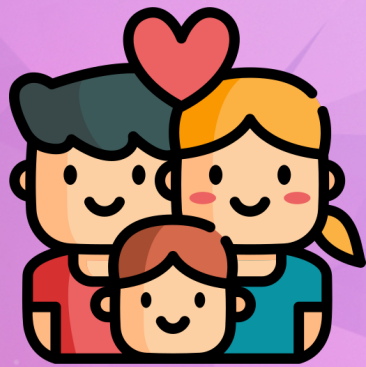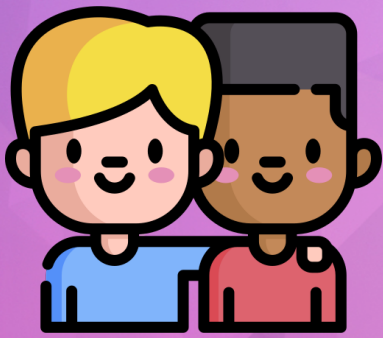
Speak to someone you trust

A friend   **Family**   **A teacher**   **Wellbeing**

Do something that makes you happy

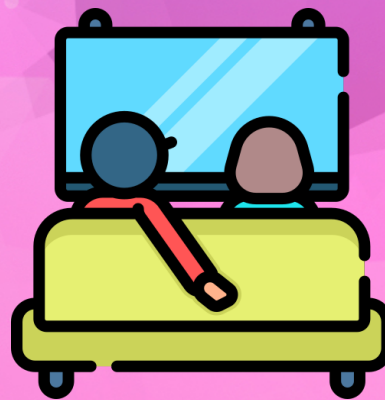**Read**   **Walk**   **Watch a film**   **Socialise**

Put yourself out there

Reconnect with old friends   **Join a club**   **Create something**

CLUB