**Suggested social media messages**

Thank you for supporting Lonely Not Alone 2021. Here are some suggested social media messages you may wish to use from 9am on Thursday 14 October.

This year’s experience is all about encouraging young people aged 25 and under to read stories and share the one small step they’ve taken to tackle loneliness at lonelynotalone.org. Please keep this in mind whenever posting about Lonely Not Alone.

Please always use the hashtag #LonelyNotAlone and tag us in @lonelynotalone on Instagram and Twitter.

**Suggested message if you’re sharing our teaser video**

Explore the #LonelyNotAlone universe, a safe place for young people to share the one small step they’ve taken to tackle loneliness.

The universe goes on forever. Loneliness doesn’t have to.

[lonelynotalone.org](http://www.lonelynotalone.org) @lonelynotalone

**Suggested message if you’re sharing a constellation image**

Explore the constellations of the #LonelyNotAlone universe, a safe place for young people to share the one small step they’ve taken to tackle loneliness.

The universe goes on forever. Loneliness doesn’t have to.

[lonelynotalone.org](http://www.lonelynotalone.org) @lonelynotalone

**Suggested message if you’re sharing a yellow sock selfie**

I’m wearing yellow socks in solidarity with lonely young people. Explore the new #LonelyNotAlone universe to find out what it’s like to be young and lonely.

The universe goes on forever. Loneliness doesn’t have to.

[lonelynotalone.org](http://www.lonelynotalone.org) @lonelynotalone

**General supportive message**

I’m supporting #LonelyNotAlone, an important campaign to tackle the stigma of #youthloneliness. The universe goes on forever. Loneliness doesn’t have to.

[lonelynotalone.org](http://www.lonelynotalone.org) @lonelynotalone

**Suggested alt text**

Alt text is really important to help people with a visual impairment engage with our campaign. We recommend using the following alt text when posting the unicorn or hedgehog constellation assets:

* A unicorn constellation glowing in the starry night sky of the Lonely Not Alone digital universe.
* A hedgehog constellation glowing in the starry night sky of the Lonely Not Alone digital universe.