

You might be lonely
But you're not alone



lonely
NOT
ALONE



Foundation



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Just like space, loneliness can feel vast, empty and endless.

But loneliness isn't our fault. Loneliness is just something that happened to us; it isn't shameful or embarrassing. And it won't last forever; there was a before, and there will be an after.

You may be lonely, but you're not alone. You're part of a constellation – a group of incredible young people, far away from each other but connected by your stories.

Our Lonely Not Alone universe is a safe place for you to share your story and discover your constellation. Read other stories, too, and find new ways to tackle the loneliness you're feeling. If you don't feel lonely but want to help, you can send a message of support to show other people that you care.

Take a step into the Lonely Not Alone universe at lonelynotalone.org



Lonely Not Alone is a Co-op Foundation campaign created in partnership with young people and specialist co-design agency, Effervescent.

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