

Suggested social media messages

Thank you for supporting Lonely Not Alone 2022.

This year we are asking people to support the campaign in two ways:

1. Encouraging young people aged 25 and under to read stories and share the their own at lonelynotalone.org
2. Encouraging people of all ages to send a message of support at lonelynotalone.org

Here are some messages that you can use in social media from 9am on Wednesday 5th October. Please always use the hashtag #LonelyNotAlone and tag us @lonelynotalone on Instagram and Twitter.

Caption to use if your social media audience is mainly children and young people

Explore the #LonelyNotAlone universe, a safe place for young people to share stories and discover their constellation.

Loneliness doesn't have to last forever.

lonelynotalone.org @lonelynotalone

Caption to use if your social media audience is mainly adults

Show your support for young people experiencing loneliness.

Visit lonelynotalone.org to send a message of support

#LonelyNotAlone @lonelynotalone

General supportive message

I'm supporting #LonelyNotAlone, a campaign to tackle the stigma of #youthloneliness. You might be lonely, but you're not alone. Take a step into the Lonely Not Alone universe at

lonelynotalone.org @lonelynotalone

Suggested alt text

Alt text helps people with a visual impairment engage with our campaign. Please use the following alt text when posting images and videos.

"The constellations in the Lonely Not Alone universe light up the darkness."