

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 read stories and messages of support to find new ways to tackle the loneliness you're feeling. If you don't feel lonely but want to help, you can read the stories to find out what you can do to show others you care.

**Take a step into the Lonely Not Alone universe at [lonelynotalone.org](https://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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