**Suggested social media messaging**

Thank you for helping us to promote our digital universe to keep the conversation going about the stigma of youth loneliness.

We've provided the following suggested messaging for you to share on your social media channels. You can download the accompanying video [here](https://lonelynotalone.org/content/uploads/2024/01/LNA-legacy-video.mp4):

**We need to keep the conversation going about #YouthLoneliness**

**There are still hundreds of stories and messages on the #LonelyNotAlone universe young people can read to remind them that they're not alone**

**Explore + share lonelynotalone.org to show youth loneliness matters**