



LONELINESS AWARENESS WEEK 15 - 21 JUNE

Meaningful connections matter!

This Loneliness Awareness Week, we are focussing on connection. Even the smallest action can have a big impact on your wellbeing.

Start with you. Check in with yourself - notice how you're feeling and how you connect with the world around you.

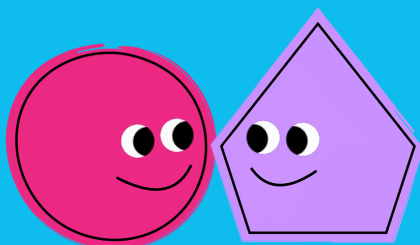
Connect in a way that feels right for you. It's OK to start small, and connection doesn't have to be loud.

Check in with a friend or reconnect with someone you haven't spoken to for a while.

Connect with a support service. There is a range of support here at Hallam that you can access.

Find a supportive community. Explore a range of peer communities here at Hallam, through the Students' Union or based in Sheffield as well as free 24/7 online support from the Togetherall community.

However you're feeling - you're not alone.



Find ways to connect:

shu.ac.uk/wellbeing

