

# Loneliness: Responding with Compassion

Loneliness isn't always visible - but it's more common than we think.

- ✓ It's a natural part of being human, but when ignored, it can have a deep impact on our well-being.
- ✓ Even a small act of connection - a message, a smile, a listening ear - can help someone feel less alone.
- ✓ Creating compassionate workplaces starts with awareness and care. Notice who might be feeling isolated and reach out.

Let's be the reason someone feels seen.



Scan the QR code to access listening tips, support resources, and guidance on responding to loneliness, for yourself or someone else.



counselling  
& advice helpline

 0800 328 1437

 [employeeassistance.org.uk](https://employeeassistance.org.uk)