
Loneliness & Isolation

	MENTAL HEALTH NEWSLETTER	
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Loneliness and isolation are related but different. Social isolation is a lack of interaction, often caused by bullying, exclusion, depression, anxiety, or technology addiction. Loneliness is more about feeling sad or a sense of solitude. Both can harm your mental health.

Feelings of Loneliness

Children can feel lonely despite having many friends. Loneliness harms mental health and is linked to physical isolation, moving to a new place, exclusion, low self-esteem, trauma, bullying, or poor parental attachment. It stems from relationship quality, not friend quantity.

Poor Parental Attachment

Children feeling dismissed may develop insecure attachments, believing they're unworthy of love or closeness. 66% of adults who said they felt lonely as children still feel lonely today. Early parent-child bonds are irreplaceable and can't be recreated later in life!

Signs of Loneliness

When a young person feels lonely, they may withdraw from friends, become quiet, lose appetite, say they have no one to sit or play with at school, and spend excessive time on social media without real connection.

How Can Parents Help

Keep communication open and light. Ask about their friends and feelings, reassuring them loneliness is okay and this doesn't make them a failure. Parents should listen empathetically, avoid blame, and create a safe space for sharing. Monitor their social media, it can be a tool for connection but can also increase loneliness and isolation. Don't be afraid to set limits with their devices and encourage screen-free family activities to strengthen bonds. Remove negative distractions to allow connections between one another to develop.

Resources to Reach Your Teen

If you are struggling to know how to address hard topics with your teen, check out **[MyLifelsWorthLiving.org](https://mylifelsworthliving.org)**, the first animated series focused on teen mental health. Designed to start conversations between parents and teens, the series includes seven powerful stories told over 28 episodes. In each episode, relatable teen characters face familiar challenges and discover ways to cope when their own thoughts seem overwhelming.

Along the way, they learn that support can come from family, friends, or unexpected places, and that a caring person can provide the relief they didn't think was possible. As they share their burdens and accept help, their self-critical voices grow quieter and hope returns. The series reminds views that while life can feel bleak at times, no situation is hopeless, everyone deserves love and support, and every life is worth living.



In recent years, social isolation and mental health struggles among young people have only deepened. Suicide remains the second leading cause of death for ages 10 to 24, with

the CDC reporting a 50% rise in suicide attempts among young girls since 2019. Every day, 500 youth attempt suicide, and 20 die by suicide. However, research shows that strong connections to family, friends, and community can be the difference between life and death. Storytelling is a powerful way to build these connections, break the stigma around mental health, and offer hope.

Ways to Strengthen and Preserve Attachment

1. Be available, even when your child isn't asking for attention.
2. Find joy while spending time with your child as they are.
3. Help them understand and manage their emotions.
4. Validate their feelings instead of criticizing them.
5. Stay involved in their interests - play with them at every age.
6. Set loving limits - avoid over scheduling, limit device use, and monitor with care, not control.

Take a no-cost course at [ParentGuidance.org](https://parentguidance.org)

Learn how you can help your child overcome feelings of loneliness and build meaningful connections.



Loneliness in Children - 12 Steps That Help

[Begin Course](#)

For helpful parenting resources visit:
[ParentGuidance.org](https://parentguidance.org)

