

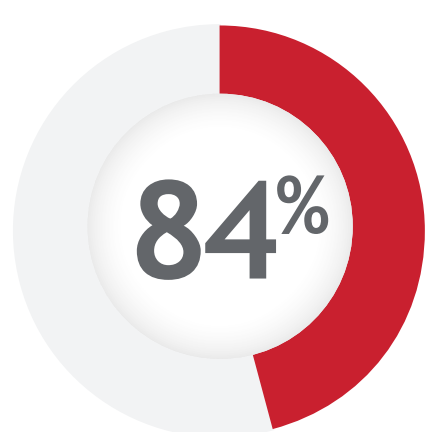


FEELING LONELY? YOU ARE NOT ALONE

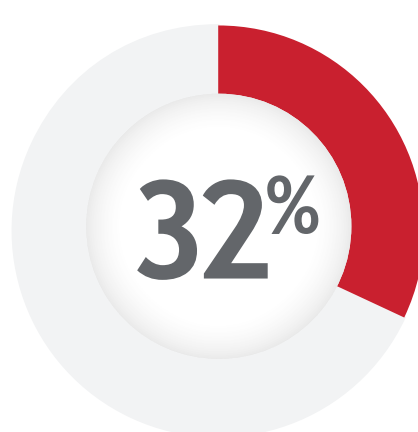


While going to uni is an exciting time for most, sometimes the move away can stir up feelings of anxiety, insecurity, vulnerability and loneliness. In fact, for many students, university can be a stressful time.

NUMBER OF STUDENTS WHO ADMIT TO LONELINESS WHILE AT UNI



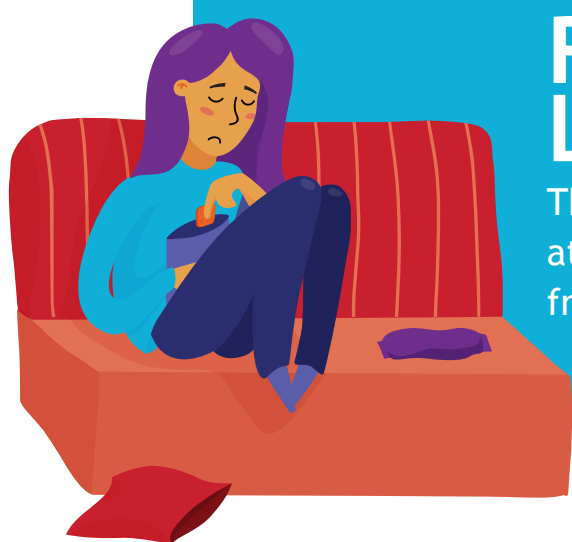
UK AVERAGE



GLOBAL AVERAGE

1,180

STUDENTS LEFT COURSES IN THE 2014/15 ACADEMIC YEAR DUE TO POOR MENTAL HEALTH



REASONS FOR LONELINESS AT UNI

There are many reasons why students feel left out at university, including the struggle to make new friends or simply adjusting to uni life.



- Missing friends/partners and family
- Struggle with making new friends
- Feelings of isolation
- Uni not living up to expectations
- Anxiety about balancing studies and a social life
- Having no trustworthy person to share feelings and experiences with
- Feeling disconnected and alienated

CURBING YOUR LONELINESS

Whatever your reasons for feeling lonely, remember that it will not last forever, although these tips can certainly help you feel more at home sooner:

- Join a society
- Get a part-time job
- Mix up your seating arrangement in lectures
- Hang out in the common areas
- Talk to someone about your feelings

