



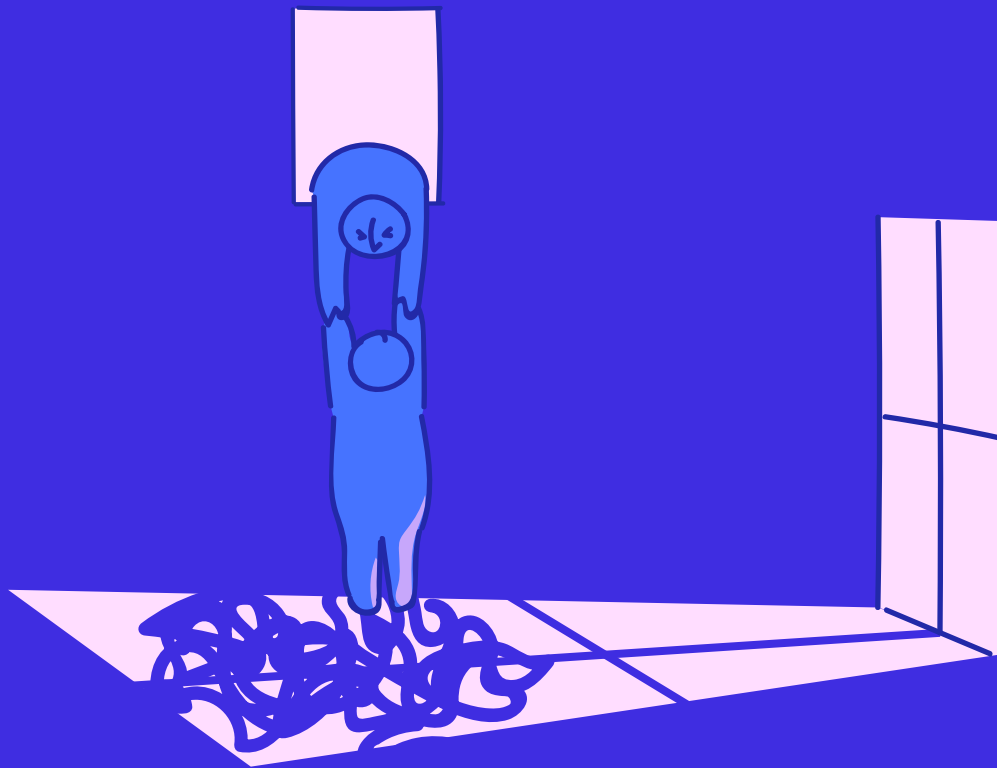
When you feel lonely

Organised by Counselling Service (CS)

Student Development Services



Most of us have to maintain social interaction and relationships. Once we fail to meet the need to interact with others, we feel lonely.



Loneliness can have serious effects on mental health, including anxiety and depression. It becomes particularly important to learn to recognize these feelings as soon as possible.

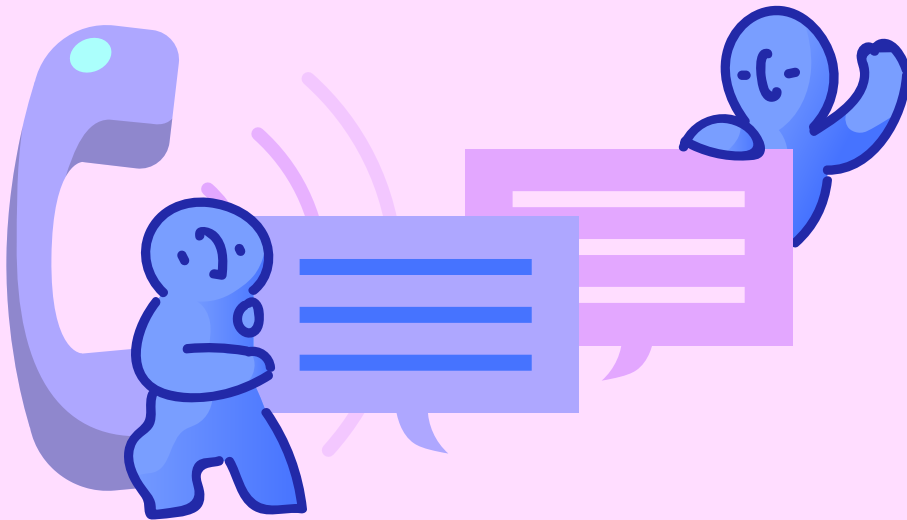


Although we cannot meet our family members and friends as often as we are used to be, there are other ways to help us overcome loneliness.

Tips

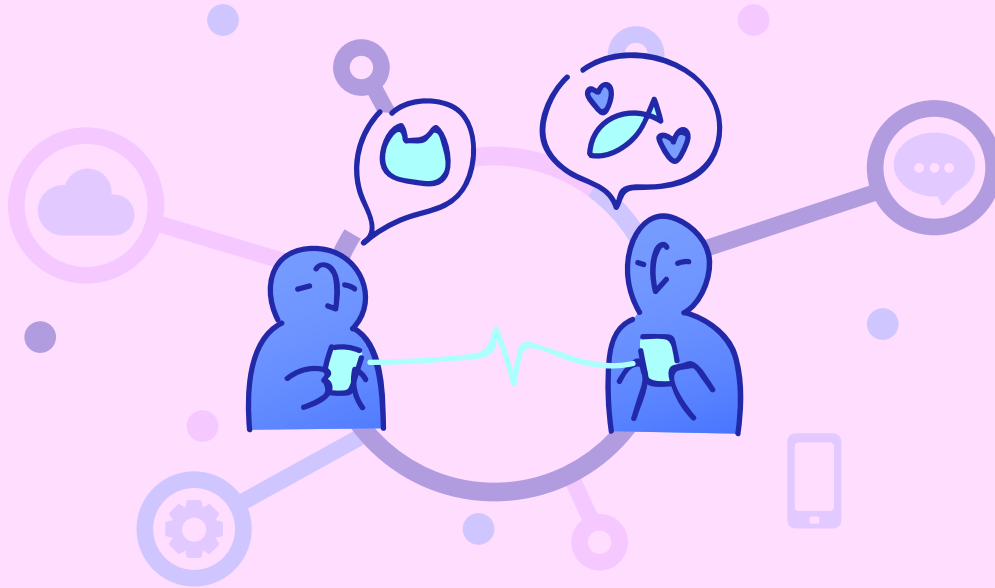


1. Learn to recognize and accept your sense of loneliness



2. Try to contact others in different ways

You can send messages, make phone or video calls to your relatives and friends to make you feel connected and comfortable.



### 3. Meet friends online

The Internet is a good way to connect and make friends. There are many social networks that allow you to reach more people with common interests.



4. Going for a walk, observing the people on the street, or saying hello to neighbors or people you know can make you feel less lonely.

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