

Tackle loneliness head on



Building Connections is an NSPCC service that empowers young people to tackle loneliness.

Building Connections

An **NSPCC** service

65% of secondary school students said they didn't feel equipped to cope with loneliness.

Building Connections can support you through.

Created for young people up to the age of 19.
Discover tools that work for you by working with a befriender online over 11 weeks.

Befrienders are adult volunteers who are reliable and supportive. They're trained to guide you through the Building Connections programme.

Hi, I'm Michelle 



“Whether young people are confident sharing their experiences of loneliness or they find it more difficult to connect initially, that's ok, we can work with them building a supportive connection. Allowing them to find the tools and resilience they can draw upon to cope with loneliness.”

Michelle, Building Connections Befriender

Build SUPPORT. Build CONFIDENCE. Build CONNECTIONS.

 **Talk to your teacher for more information**