

# A guide for professionals about loneliness

By adults with the lived experience



We would like to tell you about loneliness, what it is like from our point of view, how incredibly sad and alone you feel, and how vulnerable it can make you. Our aim is to raise awareness.

Everyone might feel lonely from time to time, but everyone's experience of loneliness is different and people can feel lonely for many different reasons.

It is important that you understand that loneliness is not the same as being on your own. A person can be surrounded by people and still feel lonely. Loneliness is dangerous, it makes you more susceptible to abuse.

When you are lonely, the minutes seem like hours, and the hours seem like days. We often go weeks without speaking to anyone.

When your phone rings, you answer with excitement, it is the first person you have had any contact with for days, they seem lovely and have all the time in the world to chat to you, about you. Before you know it you have been speaking for over an hour, and accidentally you have given the person on the other end of the phone so much personal information about you – your name, address, bank details... But you have had a wonderful chat and you cannot wait for them to call back again.

When you go for a walk, you hope just one person in the street will stop and talk to you. You find yourself trying to look for people, anyone, just so that you can say hello, you have not spoken to anyone else for weeks.

When someone knocks at your door, you answer, and they greet you with the most wonderful smile – the first smile you have seen in weeks. Before you know it, you have invited them in, you have made them a coffee and they know everything there is to know about you. You cannot wait for them to visit again.

But what really is the worst thing about being lonely, is the silence. The silence is just completely deafening. You will do anything to avoid that.

We have been working with the North Lincolnshire Safeguarding Adults Board and its partners to add lots of information about loneliness on the website. If you would like to find out more please take a look at:  
**[www.northlincssab.co.uk](http://www.northlincssab.co.uk)**

