

**Happy. Sad. Tired. Lonely.**  
**Angry. Anxious. Romantic.**  
**Calm. Energetic. Bored.**  
**Surprised. Scared. Excited.**

We will all experience loneliness at some point in our lives but research shows most of us won't talk about it, worried that we will be judged.

We need to change this. Loneliness is one of many emotions that comes with being human. It's time we started talking about it.

**[www.LetsTalkLoneliness.co.uk](http://www.LetsTalkLoneliness.co.uk)**  
**#LetsTalkLoneliness**

