



What to say to someone dealing with isolation

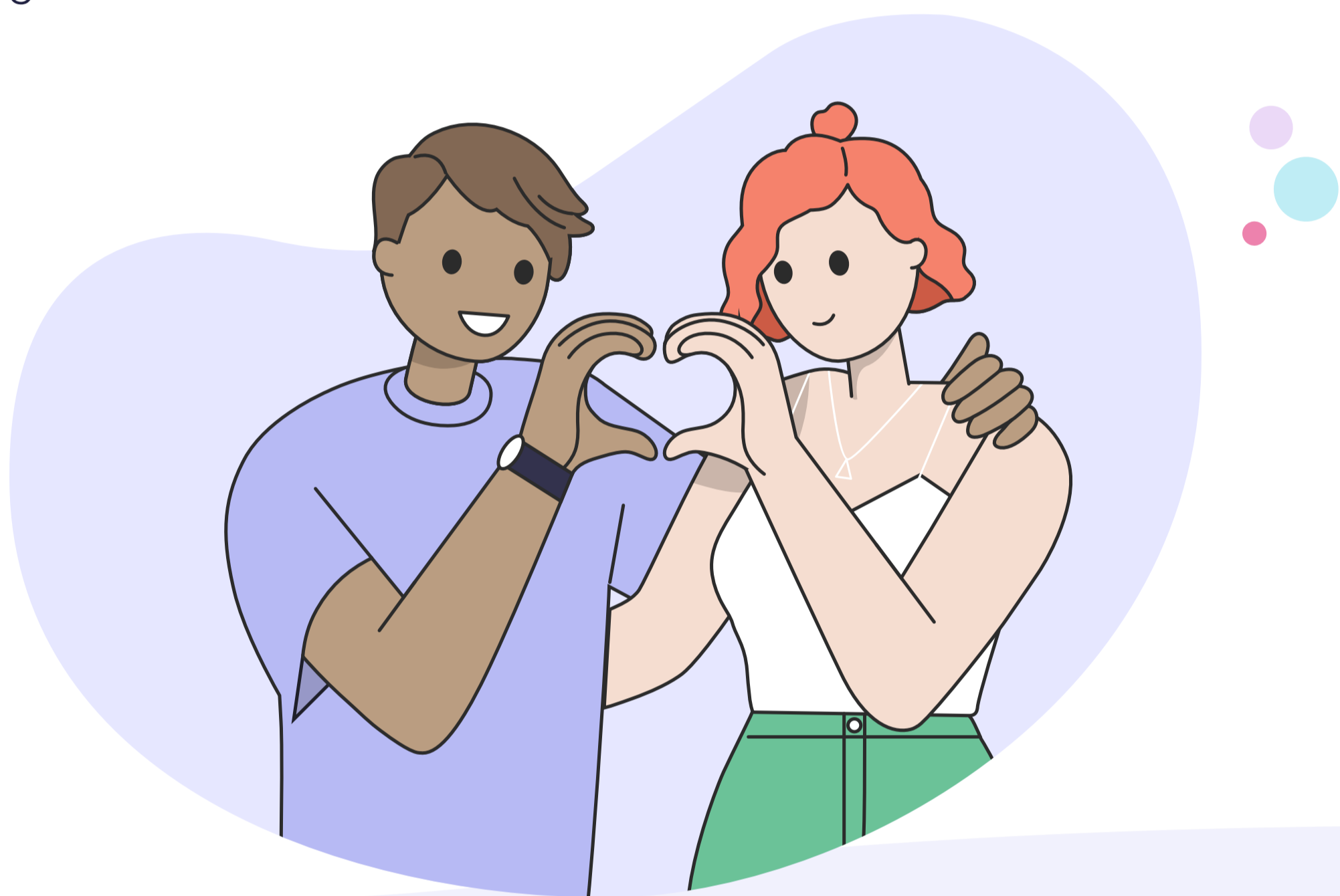
Isolation is one of the most challenging things a person can experience. It can be especially tough when you don't have anyone to talk to about what you're going through. If you know someone isolating themselves, here are a few things you can say to help them feel supported.

1. Ask how they feel

Begin the conversation by asking how they feel about their isolation instead of assuming that you already know. Try asking open-ended questions to show you want to understand their perspective, such as "What do you find is the most difficult thing about isolating?". This is an essential first step because they might have fears, worries or concerns that you weren't aware of, and it helps you understand the best way to support them.

2. Validate their feelings

Help them feel comfortable opening up by showing that you're listening and validating their feelings. If they're feeling anxious or upset, try not to minimise their fears or dismiss their feelings by telling them not to worry. Make it clear you understand because simply listening to their worries can be a great comfort to them.



3. Ask what you can do to help

Once you have understood what their specific fears, worries or concerns are, offer help by asking how you can best support them. If they're unsure, try suggesting different options, such as asking what time is best to call them or if they'd like to arrange a video call with friends and family. Be careful not to make assumptions about what kind of help they need, and don't force them to accept your suggestions.

4. Encourage them to reach out

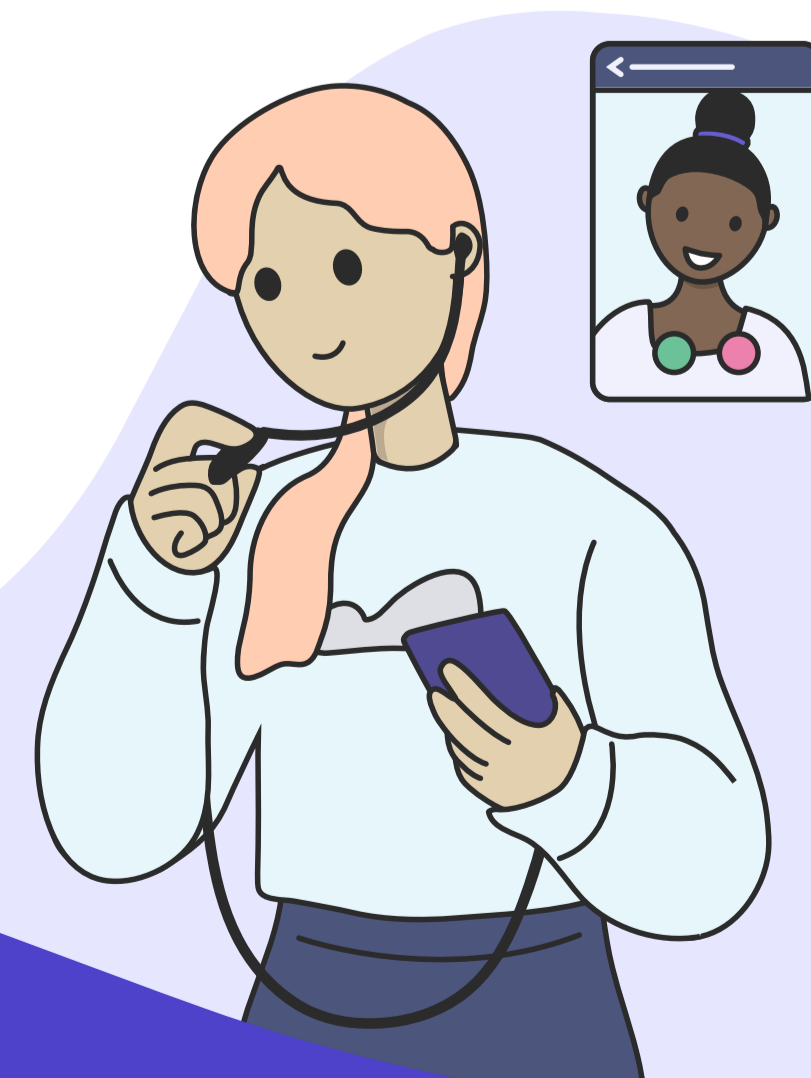
People who are isolated are more likely to feel lonely, anxious or down, making them less likely to initiate contact. Reassure them that you want to hear from them even if they're not feeling their best. Alternatively, you can also offer to check in with them regularly. This can help them feel more comfortable reaching out to you and reminds them that you care about their wellbeing.



5. Plan something fun

Give them something to look forward to by coming up with ideas they might enjoy. This could include setting up a group call with friends or family, organising an online games night, or planning to have a virtual meal together. Try to be flexible and make suggestions instead of demands so that they don't feel pressured into committing to something they might not enjoy.

Isolation affects everyone differently, so it's essential to allow them to express their feelings and actively listen to their perspective. Understanding their needs and offering thoughtful suggestions will help them feel cared for and supported.



Contact us

Isolation is a common feeling, but it doesn't have to be permanent. If you are struggling with isolation, please don't hesitate to reach out for help. The counsellors at Validium are experts in mental health and would be more than happy to offer you support during this difficult time. You are not alone; there is hope, and we want to help you find it.