

LONELINESS

A lack of social interaction and loneliness weaken our memory.

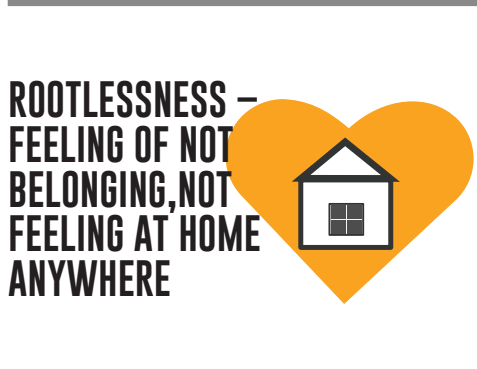
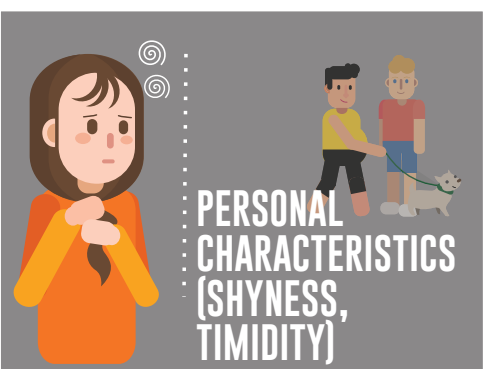
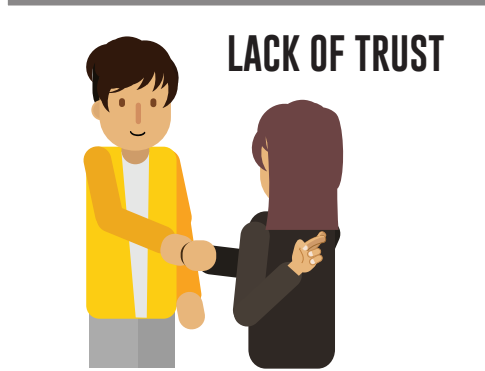
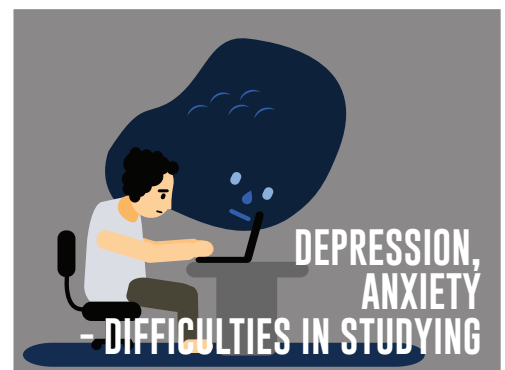
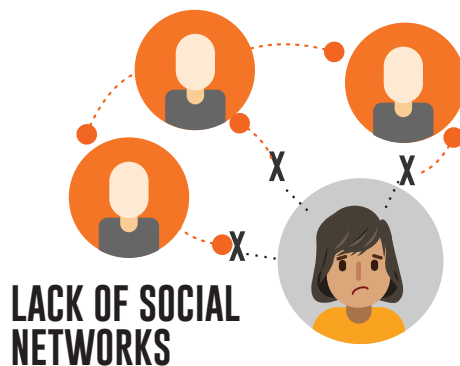
Humans have a natural need to belong to a community and feel important to other people. We need someone to talk to about important things. A person may feel lonely despite having many friends. The feeling of loneliness may pass or be permanent. Both younger and older people may feel lonely. It may be difficult to talk about loneliness even though it is very common.



Memory malfunction

Without social interaction cognitive skills such as memory may start to weaken unusually early and quickly. Loneliness may predispose an individual to dementia and Alzheimer's. An adequate level of social interaction helps improve brain health, memory and focus.

LONELINESS MAY BE CAUSED BY:



If you feel yourself truly lonely and wish to speak to someone, you can call the national crisis line. The service is free, however, your phone operator's standard charges apply.

Tel. 010 195202

If you need urgent assistance, please call the emergency number

p. 112

If you need a friend, please contact the local Red Cross office for a Red Cross friend visitor volunteer.

www.punainenristi.fi/hae-tukea-ja-apua/yksinaisyteen

WHERE TO FIND HELP FOR LONELINESS?

Being active is important. No one can do it on your behalf. Even if you feel like an outsider it is still worthwhile being active. Think of the most natural way for you to approach other people – talking, doing something together or social media?

Sometimes people need to be alone, but if you feel yourself lonely all the time, try these:

BE BRAVE



Be brave and ask other people for advice about where you can meet new people. For example, ask your teacher, neighbour or someone from your hobby group for advice.



If you are shy or suffer from poor self-esteem, have faith in yourself and the knowledge that there is nothing wrong with you: many people feel insecure in new situations.

Learn a new language. It helps you to meet new friends and find a hobby.



JOIN A GROUP

Find a volunteering organisation and join their activities.



You may also find peer support through organisations such as the Red Cross.



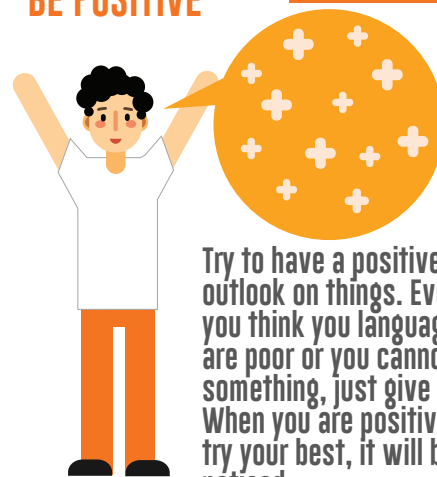
Contact the local church – they offer support and activities regardless of your nationality or religion.

STUDY

You can learn Finnish by reading books and magazines – pay a visit to your local library and ask for assistance.

Apply to study or join a course at your local adult education centre. There are courses such as arts and crafts, languages, sports, music and information technology.

BE POSITIVE



Try to have a positive outlook on things. Even if you think your language skills are poor or you cannot do something, just give it a try. When you are positive and try your best, it will be noticed.

Useful information

Information on depression or post-traumatic stress disorder in different languages:

www.tampere.fi/sosiaali-ja-terveyspalvelut/mielenterveys-ja-paihdepalvelut/mielenterveys/maahanmuuttajat/tiedotteet.html

Information for immigrants on family and work:

www.vaestoliitto.fi/monikulttuurisuus/

Sources:

*www.mielenterveysseura.fi/fi/tukea-ja-apua/kriisipuhelin-apua-elaman-kriiseihin

www.muistiliitto.fi | www.muistisalo.fi

<http://mtkl.fi/tietoa-mielenterveydesta/aikuisille/yksinaisyys/>, <http://mtkl.fi/in-english>

www.punainenristi.fi; www.vaestoliitto.fi; www.nyyti.fi

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