

**Escape. Connect. Relate.**

# Loneliness

We all feel lonely from time to time. Feelings of loneliness are personal, so everyone's experience of loneliness will be different.

One common description of loneliness is the feeling we get when our need for rewarding social contact and relationships is not met. But loneliness is not always the same as being alone.

You may choose to be alone and live happily without much contact with other people, while others may find this a lonely experience.

Or you may have lots of social contact, or be in a relationship or part of a family, and still feel lonely – especially if you don't feel understood by the people around you

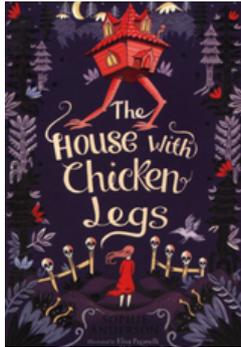
**Mind.org.uk**





# ECR Suggested Reads

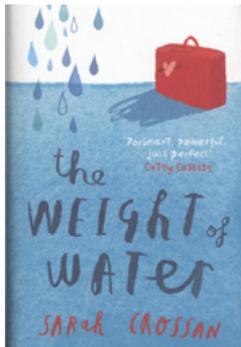
Many of our suggested reads are available from your school library and from [Edinburgh Libraries](#). Some books may contain triggering or upsetting content. Please use the age ratings as guidance and ask your school librarian for help. Books are listed in alphabetical order by author's surname.



## **The House with Chicken Legs, by Sophie Anderson**

Marinka dreams of a normal life, but her house has chicken legs and moves on without warning. For Marinka's grandmother is Baba Yaga, who guides spirits between this world and the next. Marinka longs to change her destiny and sets out to break free from her grandmother's footsteps, but her house has other ideas.

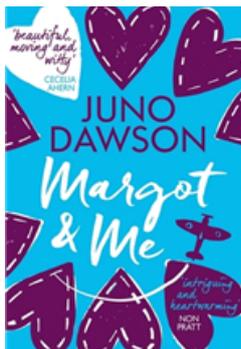
**S1+**



## **The Weight of Water, by Sarah Crossan**

Kasienka is lonely. At home her mother's heart is breaking and at school friends are scarce. But when someone special swims into her life, Kasienka learns that there might be more than one way for her to stay afloat. The Weight of Water is a brilliant coming of age story, it also tackles the alienation experienced by many immigrants.

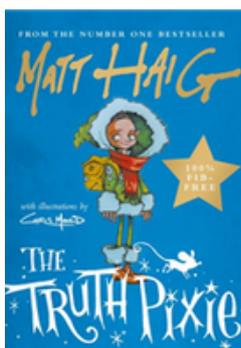
**S1+, Verse novel**



## **Margot and Me, by Juno Dawson**

How can you hate someone in the present and love them in the past? Fliss's mum needs peace and quiet to recuperate from a long illness, so they both move to the countryside to live with Margot, Fliss's stern and bullying grandmother.

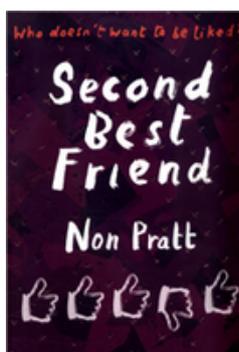
**S3+**



## **The Truth Pixie, by Matt Haig**

A very funny and lovable tale of how one special pixie learned to love herself. The Truth Pixie is an enchanting, rhyming story that will delight younger readers – with words by the bestselling mastermind Matt Haig and pictures by the inky genius Chris Mould.

**Junior, Verse novel**



### **Second Best Friend, by Non Pratt**

Jade and Becky have always been best friends; inseparable and often indistinguishable. But when a spiteful comment from an awful ex pushes Jade to the edge, she begins to see that she has always been second best in everything.

**S1+, Dyslexia Friendly**



### **Fangirl, by Rainbow Rowell**

Cath and Wren are identical twins, and until recently they did absolutely everything together. Now they're off to university and Wren's decided she doesn't want to be one half of a pair any more. She wants to dance, meet boys, go to parties and let loose. It's not so easy for Cath. She's horribly shy and has always buried herself in the fan fiction she writes.

**S3+**

## **Picture Books and Graphic Novels**



### **No Longer Alone, by Joseph Coelho**

Told through the voice of a little girl who is labelled as quiet and shy, No Longer Alone follows her tumult of emotions as she navigates the world around her. But when she finally shares her feelings and tells her Dad all the things that are worrying her, she no longer feels so alone.

**Junior, Picture Book**



### **Rules of Summer, by Shaun Tan**

Humour and surreal fantasy combine to picture a summer in the lives of two boys. The boys hide from a giant red rabbit and outwit a crowd of scary eagles, but when their games become ever darker and sinister they learn that breaking the rules can be dangerous.

**Junior, Picture Book**



# Resources

Disclaimer: the ECR team does not take credit for these links, which are all offered and maintained by external providers

Childline offers support and advice to young people

**<https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/loneliness-isolation/>**

Offers support for anyone aged 13 to 25 with any sort of challenge – from mental health to money, break-ups to drugs, finding a job to homelessness..

**<https://www.themix.org.uk/>**