

Building Connections

An **NSPCC** service



Many young people said they didn't feel equipped to cope with loneliness.

You can help us change that. Find out more and make a referral to Building Connections.

Build SUPPORT. Build CONFIDENCE. Build CONNECTIONS.

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Do you know someone aged 19 and under who's feeling the impact of loneliness?

Building Connections is an NSPCC service empowering young people to tackle loneliness head-on.

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