HEALTHY MINDS: LONELINESS AND ISOLATION ASSESSMENT

Occasional loneliness and isolation are normal parts of everyday life. When these feelings are prolonged, create difficulty establishing and maintaining relationships, negatively impact school performance or health, or cause low self-esteem, chronic loneliness or isolation may be to blame.

Use this form to determine your child’s risk factors for loneliness and isolation, if they are showing signs and symptoms, and if they need help.

LONELINESS AND ISOLATION RISK FACTORS (Answer these questions about your child; Circle your answer)

1. Do they spend time with close family and friends? Yes No Don’t Know
2. Do they have a disability, are LGBTQ+ or a racial, ethnic or religious minority? Yes No Don’t Know
3. Are they a first-generation immigrant? Yes No Don’t Know
4. Is English their first language? Yes No Don’t Know
5. Do they lack access to social connections? Yes No Don’t Know

Answering “yes” to ANY of these risk factors means your child is more likely than a child without these risk factors to feel chronically lonely or isolated at some point in their lives.

LONELINESS AND ISOLATION SIGNS AND SYMPTOMS (Ask yourself these questions about your child; circle your answers)

1. Do they seem more down, withdrawn or sad than usual? Yes No Don’t Know
2. Are they able to connect with others beyond a superficial, surface level? Yes No Don’t Know
3. Do they doubt themselves, their self-worth or feel inadequate? Yes No Don’t Know
4. Do they have imaginary friends to make up for their lack of real ones? Yes No Don’t Know
5. Do they act timid or cry more than kids their age? Yes No Don’t Know
6. Do they seek a lot of attention, whether positive or negative? Yes No Don’t Know
7. Do they sleep well? Yes No Don’t Know
8. Do they care about their appearance? Yes No Don’t Know
9. Do they eat a lot of unhealthy foods? Yes No Don’t Know
10. Do they show a lack of interest or boredom with life? Yes No Don’t Know
11. Do they have friends? Yes No Don’t Know
12. Do they refuse to participate in activities typical for a child their age?? Yes No Don’t Know

DO THEY NEED HELP?

If you answer “yes” to ANY of these questions, your child may need support or help from a doctor, counselor or therapist. Healthy Minds: Get Help provides options for getting the help your child needs.

1. My child’s feelings of loneliness or isolation do not go away. Yes No
2. My child’s loneliness or isolation interfere with daily activities. Yes No
3. My child’s loneliness or isolation negatively impacts their relationships. Yes No
4. My child’s loneliness has negatively impacted their mental or physical health. Yes No