

6 THINGS YOU SHOULD KNOW about loneliness

Anyone can feel lonely

Approximately 1 in 3 Australians feel lonely. Loneliness affects people of all ages and from all walks of life.

Feeling lonely is different to being alone

You can be surrounded by people and still feel lonely. You can be alone and not feel lonely.

Wanting connection is part of being human

We're social beings who thrive when we feel heard, seen and understood.

Meaningful connections take time

Strong relationships are made through repeated interactions and effort over time.

Loneliness that lasts can be harmful to our wellbeing

Persistent loneliness increases our risk of heart conditions, mental illness and dementia.

It's OK to feel lonely

It doesn't mean there is something wrong with you. It's our cue to connect.