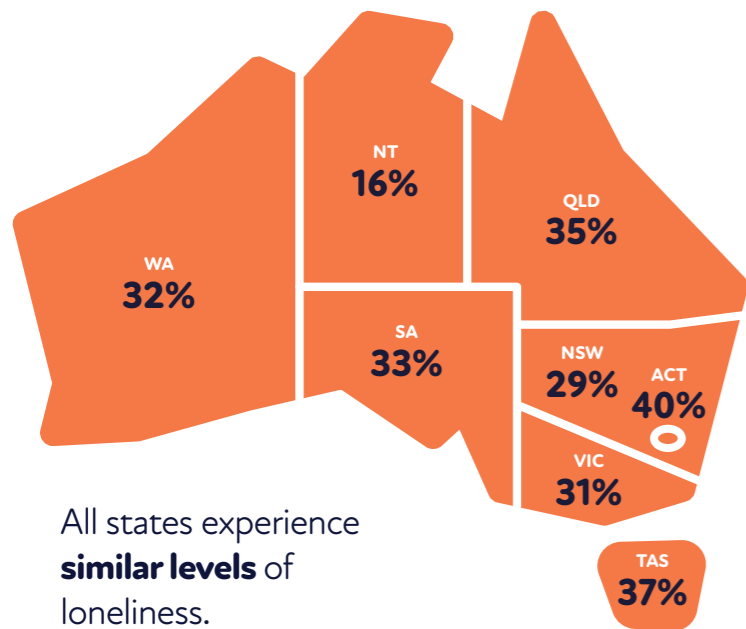
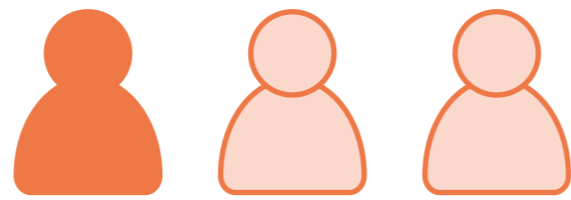
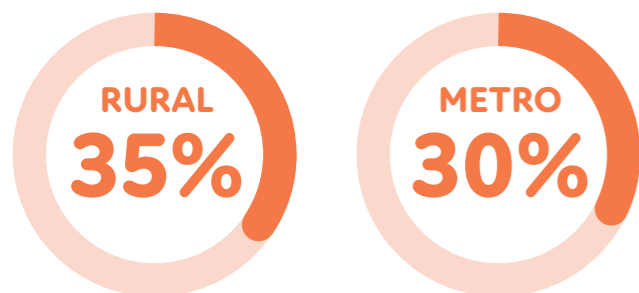


“LONELINESS AFFECTS EVERYONE”



There are more lonely Australians living in rural areas than metropolitan areas

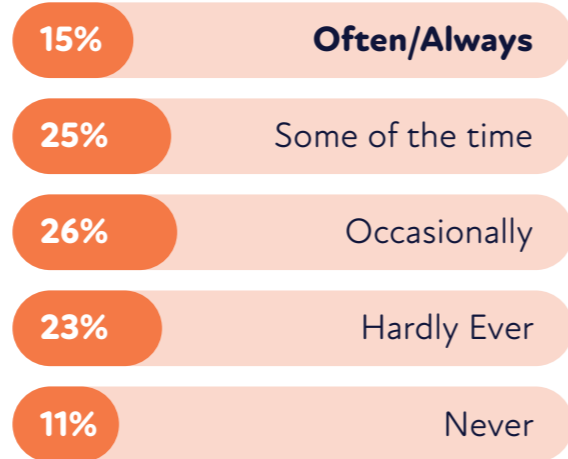


ALMOST 1 IN 3 AUSTRALIANS FEEL LONELY



1 IN 6 AUSTRALIANS ARE EXPERIENCING SEVERE LONELINESS

How often do people feel lonely?



15% OF AUSTRALIANS OFTEN/ALWAYS FEEL LONELY

37% OF CARERS FEEL LONELY



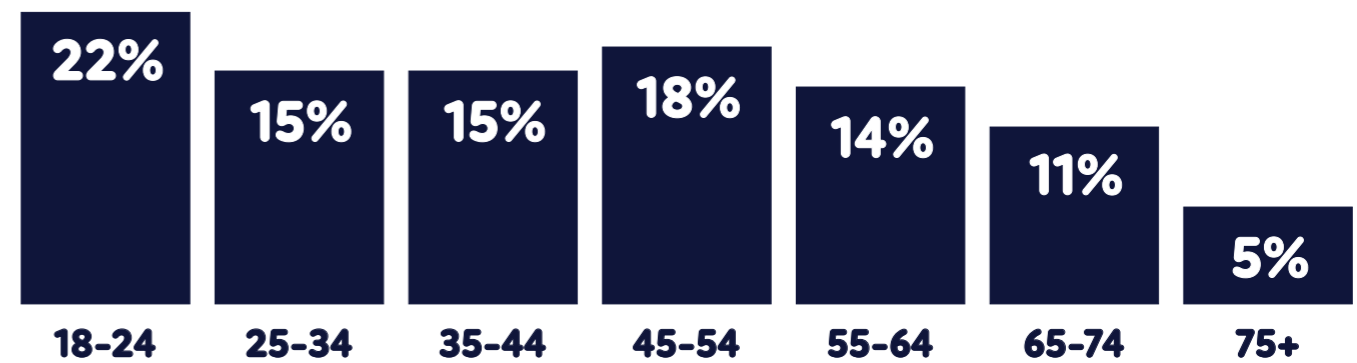
32% 3 IN 10 WOMEN ARE LONELY



31% 3 IN 10 MEN ARE LONELY

! FACT MEN AND WOMEN ARE EQUALLY LONELY

Percentage of Australians who often/always feel lonely (by age group):



! FACT YOUNG PEOPLE AND MIDDLE-AGED PEOPLE REPORT THE HIGHEST LEVELS OF LONELINESS

SPOTLIGHT ON LIVING ALONE VS LIVING WITH OTHERS

Australians living alone and Australians living with others both experience loneliness:



People living alone and people living with others both experience loneliness.

40% of people living alone feel lonely

30% of people living with others feel lonely

THE IMPACTS OF LONELINESS

Australians who feel lonely are:

-  Less engaged in Physical activity
-  More likely to have Social media addiction
-  Less productive At work

- 2x** More likely to have **Chronic disease**
- 4.6x** More likely to have **Depression**
- 4.1x** More likely to have **Social anxiety**
- 5.2x** More likely to have **Poorer wellbeing**

LONELINESS IS A **RISK FACTOR** FOR POOR HEALTH, WELLBEING AND LOWER WORKPLACE PRODUCTIVITY

! FACT

PERCEPTIONS (AND MISCONCEPTIONS) OF LONELINESS

- 47%** Nearly 1 in 2 Australians **believe** people would feel less lonely if they just knew more people
- 42%** 2 in 5 Australians **believe** loneliness only affects people 65 years or older
- 27%** More than 1 in 4 Australians **think** making new friends should always be easy
- 46%** Nearly 1 in 2 Australians **describe** people who are lonely as having negative traits
- 25%** 1 in 4 Australians **think** that people who are lonely are less worthy than others
- 12%** More than 1 in 10 Australians **believe** there is "something wrong" with people who are lonely
- 29%** More than 1 in 4 Australians **think** their community believes being lonely is a sign of weakness

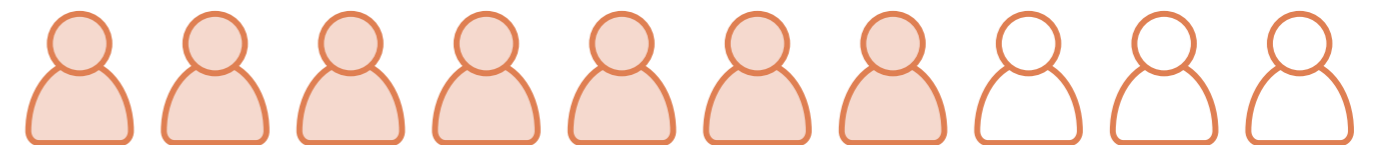
TALKING ABOUT LONELINESS

THE **STIGMA** ASSOCIATED WITH LONELINESS IS PREVENTING PEOPLE FROM TALKING ABOUT IT AND SEEKING THE CONNECTIONS THEY WANT.

! FACT

- 31%** Nearly 1 in 3 Australians say they are **ashamed** when they feel lonely
- 46%** Nearly 1 in 2 Australians who feel lonely are **too embarrassed** to admit it to others
- 49%** Nearly 1 in 2 Australians say they **would conceal** their loneliness
- 58%** More than 1 in 2 Australians who feel lonely **don't talk to others** about it

TACKLING LONELINESS



69% of Australians **recognise** loneliness is a serious issue for our community



30% of Australians say they're **knowledgeable** in helping other people who are feeling lonely

Who do we believe should help someone feeling lonely?



TACKLING LONELINESS IS EVERYONE'S RESPONSIBILITY

Stigma and shame are preventing us from talking about feeling lonely. In turn, this reduces opportunities for people feeling lonely to find connection and seek/ receive the support they need.

It also places Australians at a greater risk of persistent loneliness.