

SOCIAL DISCONNECTION IN AUSTRALIA

SNAPSHOT 2026



1 IN 2

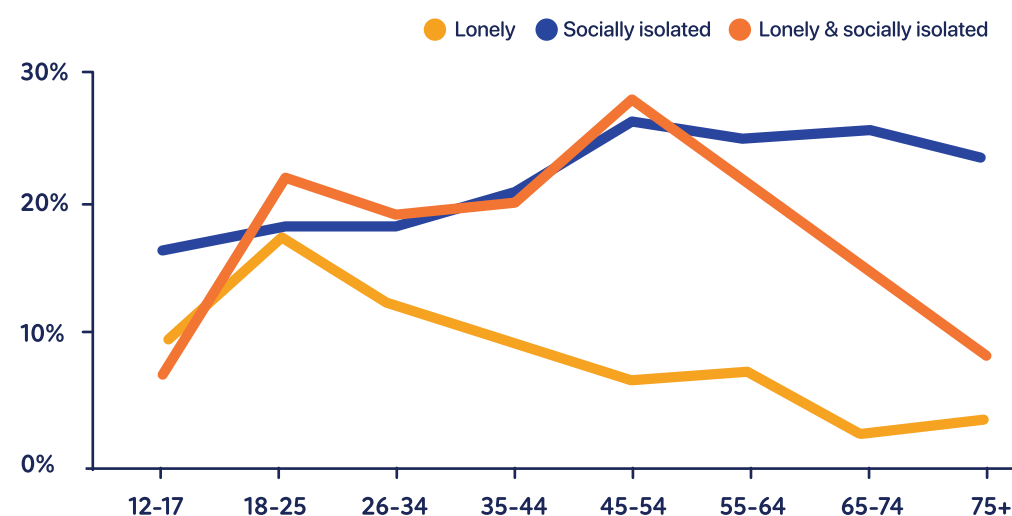
People living in Australia report some form of social disconnection - being either lonely or socially isolated, or both (51%)



1 IN 5

Almost 1 in 5 people are both lonely and socially isolated (19%)

ACROSS THE LIFESPAN



18-25 YRS

are the **loneliest**, but least socially isolated

45-54 YRS

are the **most lonely and socially isolated**, as well as the most socially isolated

65-74 YRS

are the second most **socially isolated** age group

WHO IS MOST IMPACTED?



REGIONAL/ REMOTE

People living in regional and remote areas are

1.3x

more likely to be both **lonely and socially isolated**

LIVING ARRANGEMENT



29% of people living with housemates are both **lonely and socially isolated**



15% of people living with their partner are **socially isolated**



27% of people living alone are both **lonely and socially isolated**



16% of people living with family are both **lonely and socially isolated**

RELATIONSHIP STATUS



15% of people who are married or in a relationship are **socially isolated and lonely**



22% of people who are single are **lonely and socially isolated**



26% of people experiencing divorce/ separation or loss of a partner are both **lonely and socially isolated**

HEALTH STATUS



1 IN 4

of people who have **chronic illness** are **lonely and socially isolated**

Chronic illness increases the risk of being **lonely and socially isolated** by

3x

MENTAL HEALTH CHALLENGES

Loneliness and social isolation increase the risk of mental health challenges



6x

Risk of depression

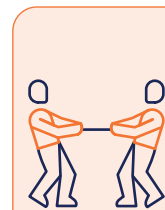


4x

Risk of social anxiety

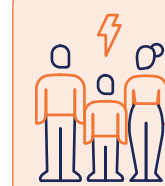
WHAT MAKES US FEEL DISCONNECTED?

Both infrequent contact and poor quality relationships such as having conflict with others can increase the risk of loneliness and social isolation.



Negative friendships increase the risk by

38%



Conflict with family increases risk by

12%



Infrequent (never/rarely) contact with friends, family and neighbours increases risk by nearly

18x



Relationships that are poor in quality as well as those with minimal contact, make us feel the most socially disconnected.

WHAT HELPS US FEEL CONNECTED?

Helping others, connecting with our community and quality time with friends can reduce the risk of loneliness and social isolation.



Having 1 friend reduces risk by

89%



Spending 1-3 hours per week with friends reduces risk by

90%



Having a strong sense of community reduces risk by

70%



Regularly contacting friends and family reduces risk by

94%



CONNECTION MATTERS



Having a family that **openly shares, expresses, and discusses things** with each other reduces risk by

34%



Chatting with neighbours reduces risk by

88%



Attending community events reduces the risk by

89%



Volunteering regularly reduces risk by

62%



Intentional connection which includes making and maintaining contact with friends, family, neighbours and the wider community can boost social connection.

