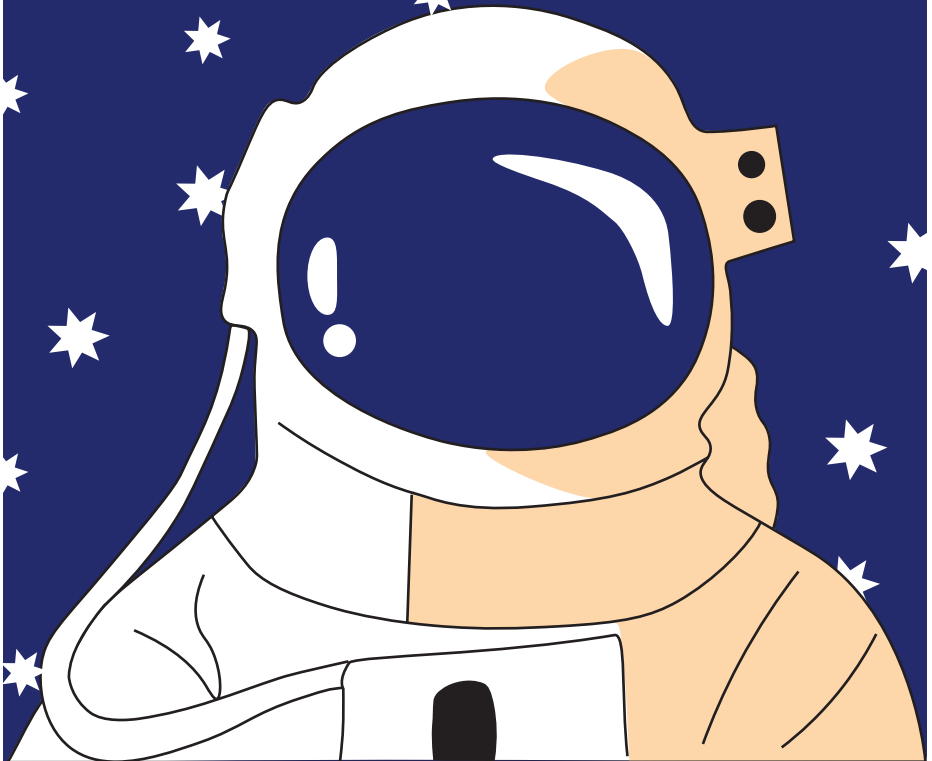



insight

The experience of loneliness and ways to help



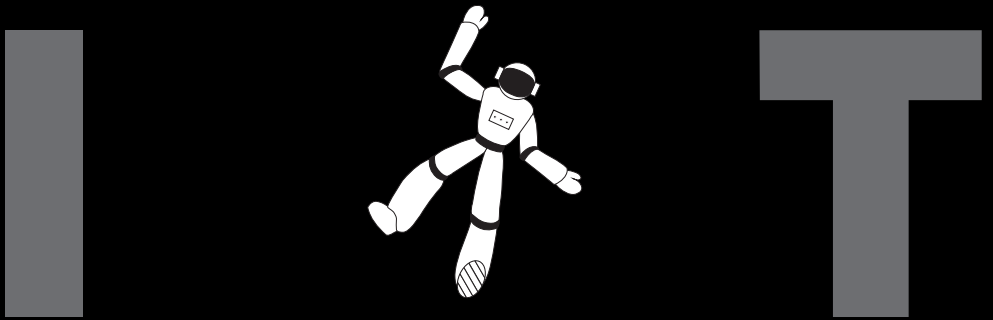
The image features five stylized human silhouettes in various shades of brown, tan, and grey, arranged in a cluster. The silhouettes are semi-transparent, allowing overlapping areas to appear darker. The text is placed in the upper right and lower center of the composition.

On the surface,
loneliness might
not be noticeable

**Loneliness can
be experienced
in a crowd**

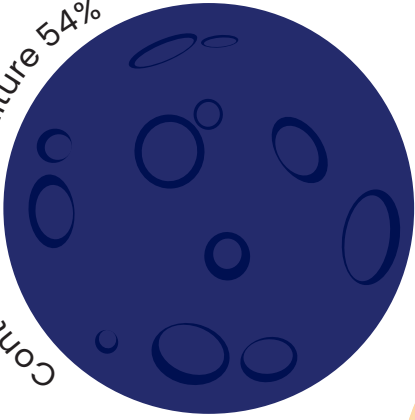
And in

S O L



U D E

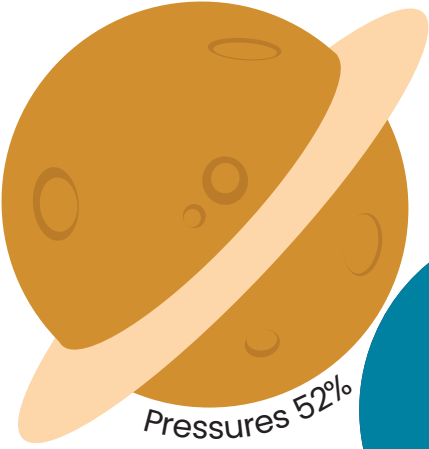
Contemporary Culture 54%



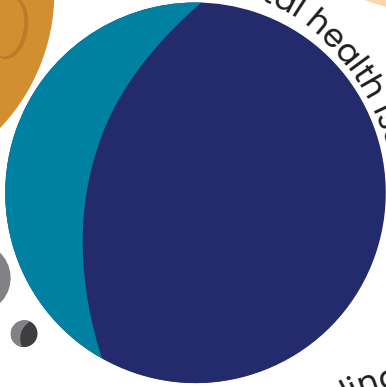
Lifestyle transitions 48%



Pressures 52%



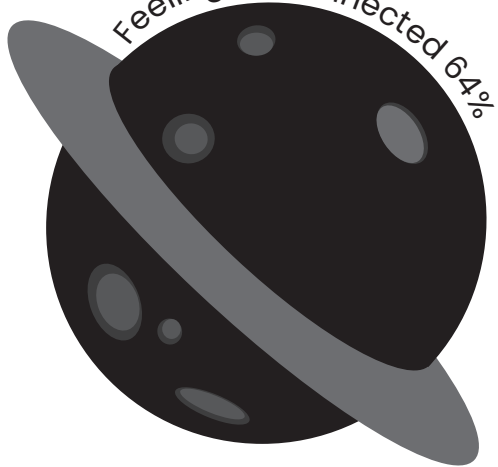
Mental health issues 43%



social comparison 48%



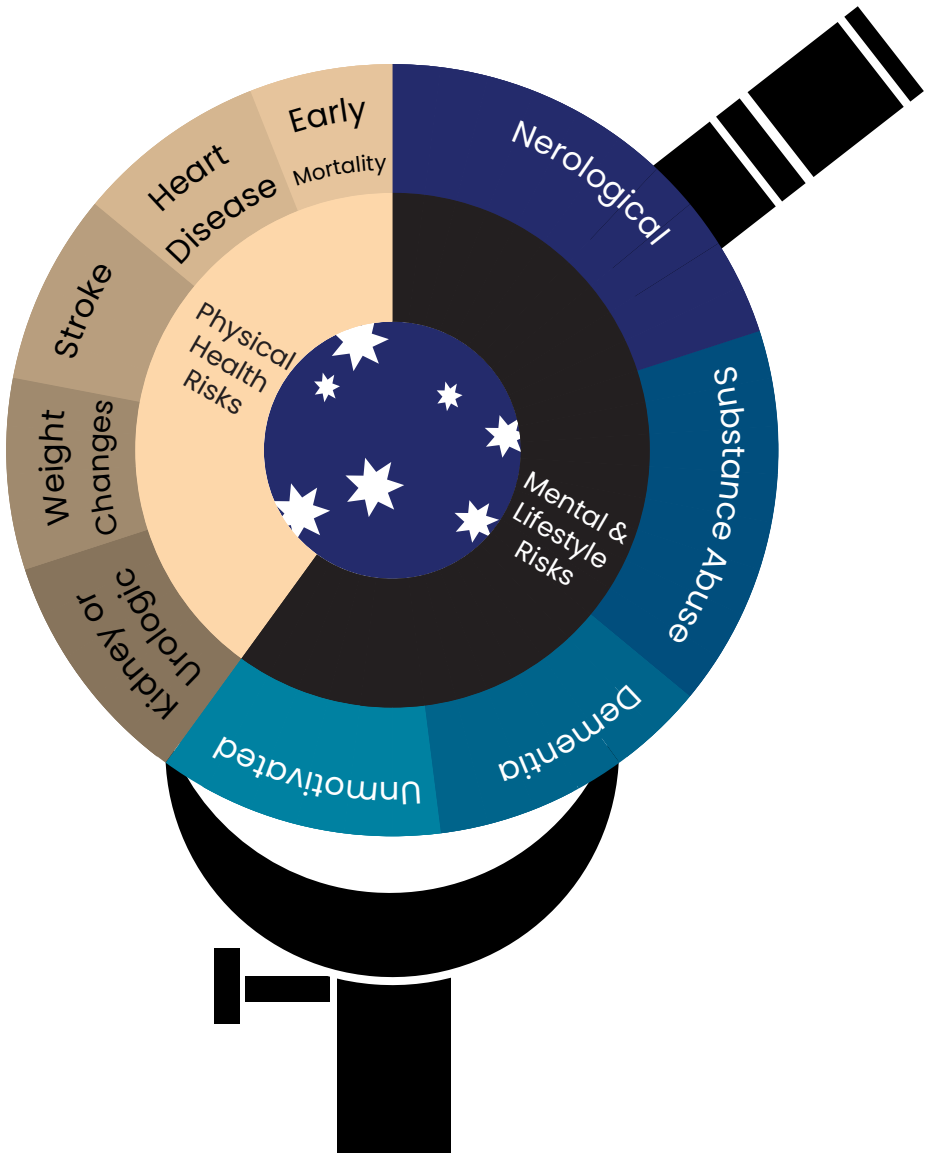
Feeling disconnected 64%



Several root causes have been identified...

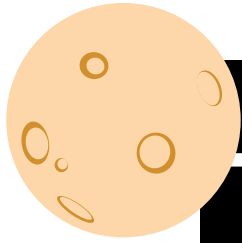


**And as have the
health risks of
prolonged loneliness.**

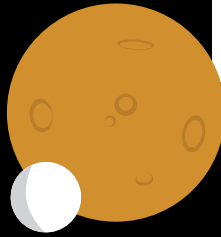




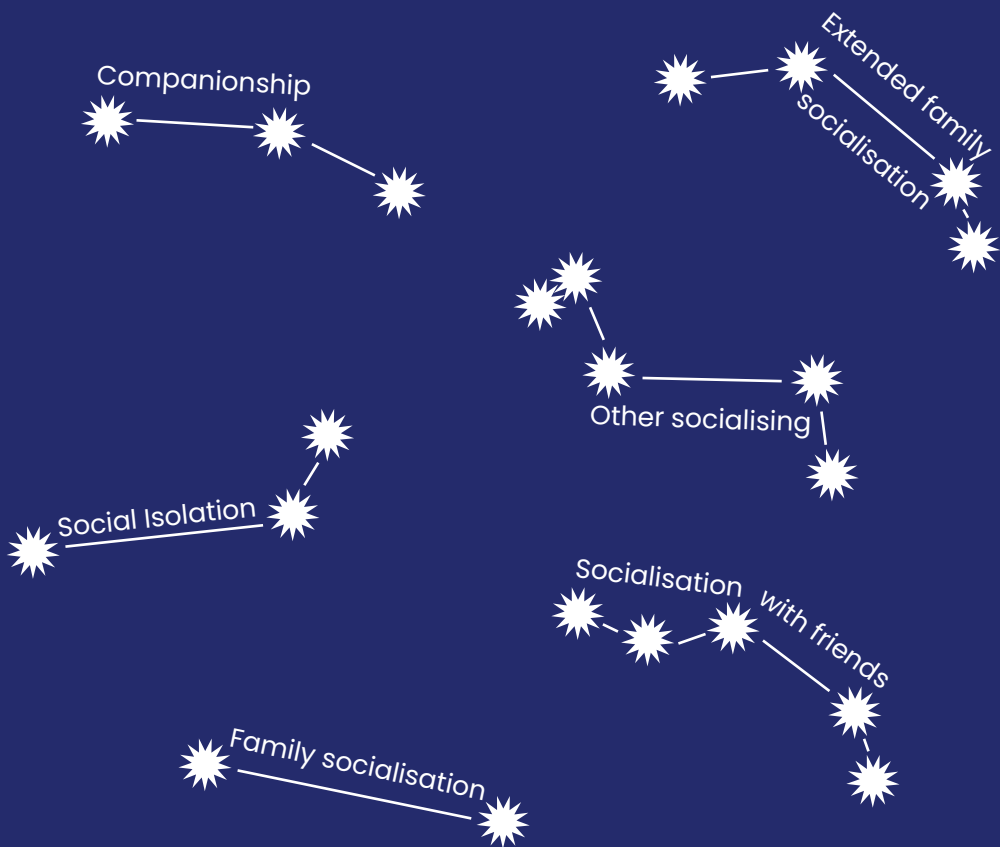
The
road
looks hard
but



THERE IS HOPE



By being there
for someone
experiencing
loneliness, you can
help bring hope and
positive change.



TRENDS OF SOCIALISATION FROM 2003 TO 2020

Opening up a conversation about loneliness can help release stigma and stress around the experience.

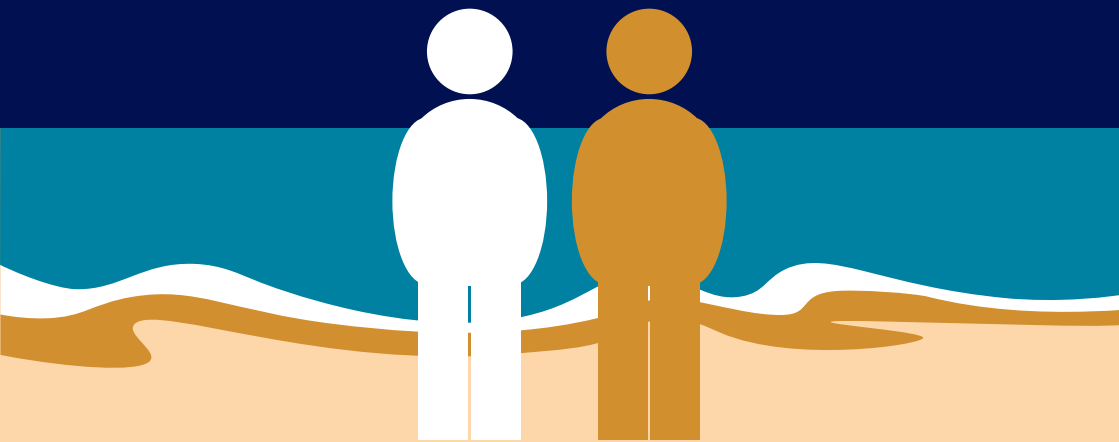




ONE STEP AT A TIME

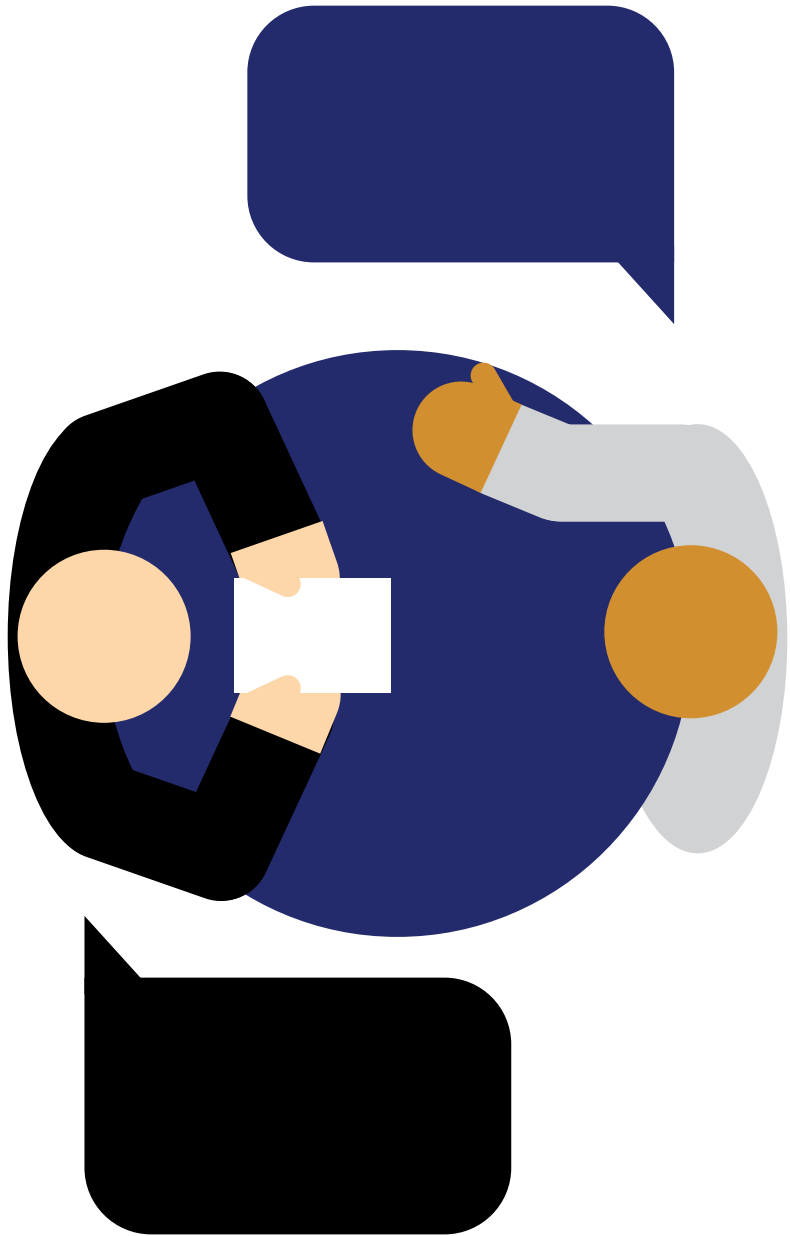
Being patient and taking small steps can help someone experiencing loneliness to feel understood, especially if there might be negative mental health associated.

**Spending time in nature
releases stress and can
create a clear mind.**

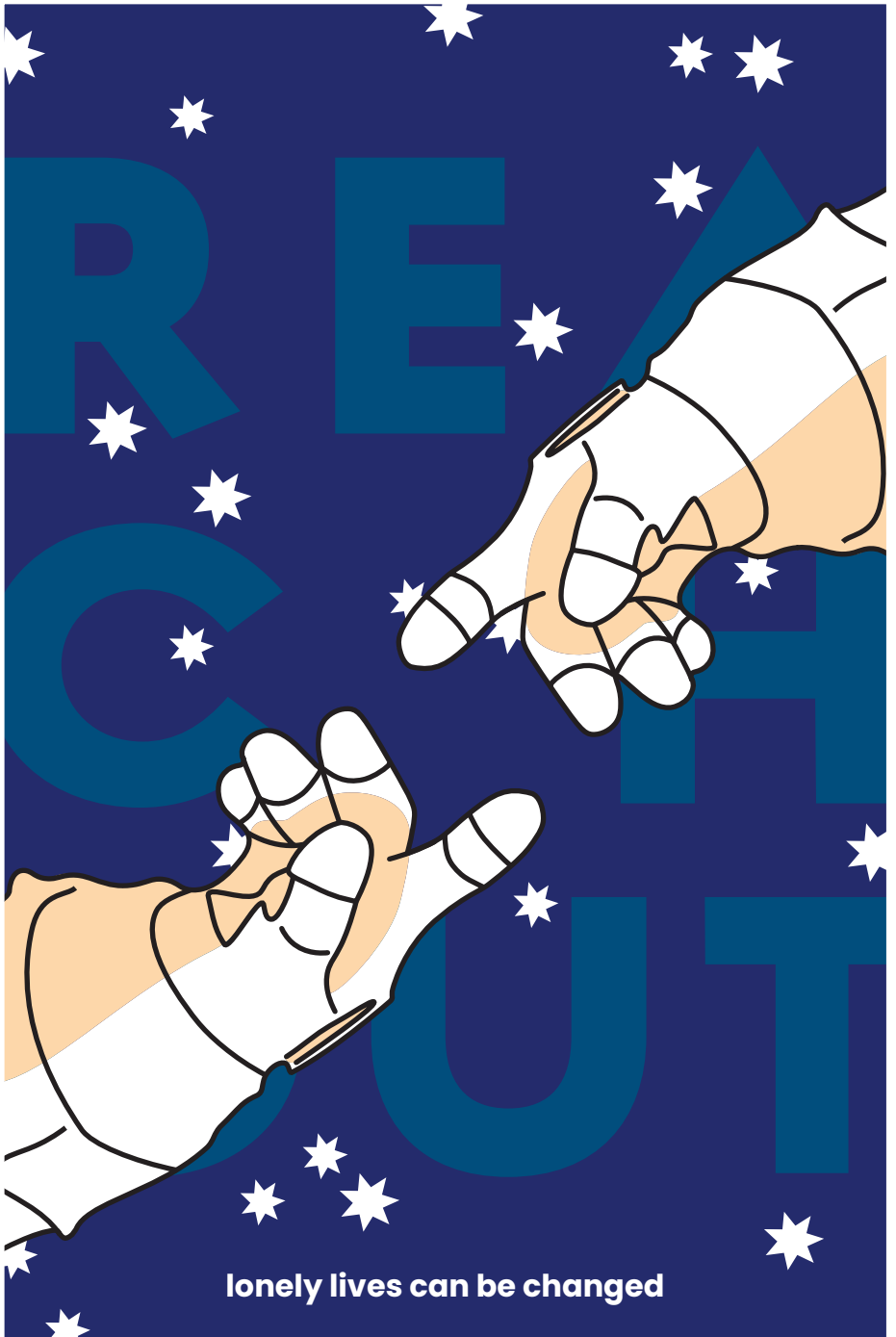


Encourage engagement
in communities, clubs
or groups who have
shared interests





and in seeking professional
help where it is needed.



lonely lives can be changed