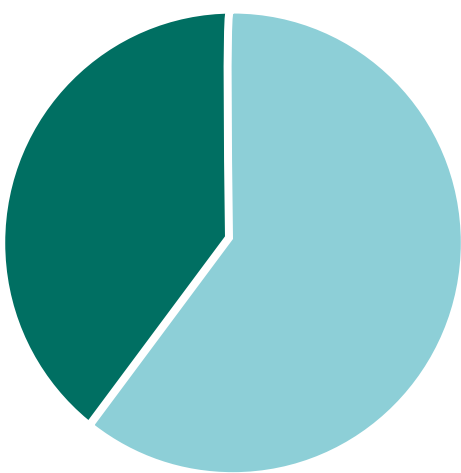


Loneliness

headspace National Youth Mental Health Survey



New research from headspace National Youth Mental Health Foundation shows almost two-thirds of young people feeling left out often or some of the time (62%), with many feeling they are cut off from the world.



Three in five young people lack companionship often or some of the time (60%).



Further, a large proportion of young people feel isolated from others, with three in five feeling this way often or some of the time (58%).



Young women are more likely to feel greater feelings of isolation from others (62%) compared to young men (53%).

Loneliness is not just about having lots of people around you or how many friends you have, it's about meaningful connections – feeling understood and supported.

- We all feel lonely from time to time. Some people feel lonely when they're surrounded by people, and others are totally OK on their own. Everyone experiences loneliness differently.
- For some people, loneliness can feel overwhelming and can lead to feeling flat, sad and worried. Some people who experience loneliness might also experience anxiety or depression.

For many, the holiday season can be a really great time, but for some young people it may create feelings of loneliness and isolation.



Young people may make comparisons between their own lives and the lives of others based on what they see on social media, and this can compound feelings of loneliness or isolation.



This time of the year also sees many young people leaving school, moving out and starting new jobs.

These major milestones, while exciting, can create a lot of pressure for young people.

The good news is, with the right strategies and support, we can make changes in our lives to address loneliness or isolation.

- Reaching out to a friend, family member or trusted adult is important when you're feeling lonely or isolated. This can be done in person or virtually via social media and teleconferencing.
- Learning new skills, getting enough sleep, staying active and cutting back on alcohol or other drugs are simple ways young people can look after their mental wellbeing.

Any young person experiencing a tough time can get in touch with headspace for support all year round.

- Any young person, family, or friends in need of support can visit their local headspace centre.
- Support is also available via headspace's phone or online counselling services 365 days a year between 9am–1am (AEST) on 1800 650 890.