

Let's talk about loneliness

Loneliness Awareness Week takes place during June. The pandemic has had a significant impact on loneliness levels in the UK, affecting people across all age groups.

What is loneliness?

Loneliness is not the same as 'being alone'. It's when an individual experiences feelings of sadness or isolation, a state of mind that makes it more difficult to form connections with people. It is possible to be surrounded by people and still experience loneliness.

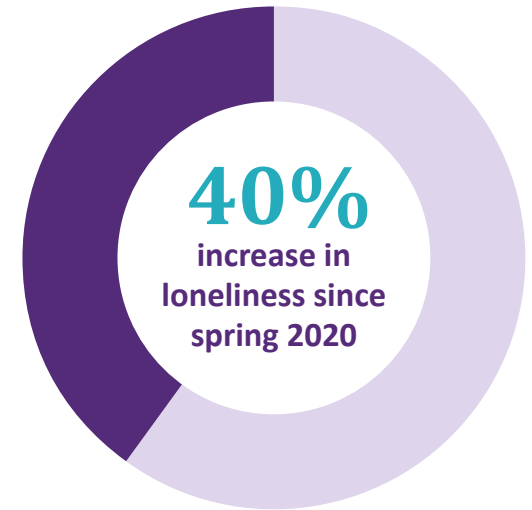
Find out more:

<https://www.redcross.org.uk/get-help/get-help-with-loneliness>

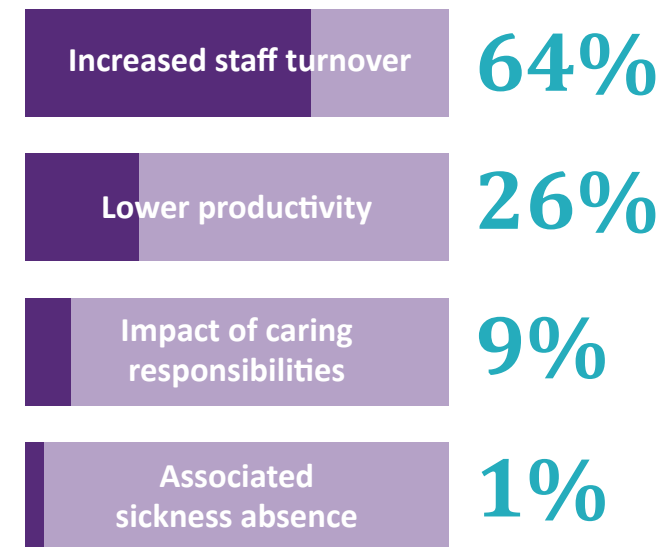
<https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/about-loneliness/>



3.7m
over-16s
often or
always feel
lonely



Cost to UK employers
£2.5 billion
per year



**Key ways
loneliness
develops in
the workplace:**

Existing
feelings
unrelated
to work are
brought in

Features
of work
trigger or
exacerbate
loneliness

Impacts
like stress &
long hours
leading to
isolation