

# LONELINESS AFFECTS MORE THAN HALF OF AUSTRALIANS



Loneliness has massive implications for our health and happiness. Even worse, loneliness increases the risk of early death at rates comparable to smoking and alcohol consumption.

Loneliness does not discriminate and peaks in early adulthood. Mostly because of our increasingly 'loose' social connections, and the significant life transitions that happen at this age, like relationship breakdowns, change in school, job, location, they can all be triggers for loneliness. One strong connection or getting involved in sports and activities (online or on the field) can be enough to beat loneliness.

the  
power of  
humanity



# YOU CAN HELP TO BEAT LONELINESS

It's important to act when we notice someone who may be feeling lonely. Remember to pay attention to the triggers, and reach out to friends and colleagues when there's change going on in their life.

Here are some easy actions that can also be extremely helpful to **#BEATLONELINESS**.

- Invite a friend to do something new, like signing up for a course or going for a hike together.
- Invite a new colleague to have lunch with you.
- Volunteer in your local community or online.
- Share the ways that you've helped others to overcome loneliness using #beatloneliness.

THIRST IS A SIGNAL TO DRINK WATER, LONELINESS IS A SIGNAL TO CONNECT. IF YOU DO EVER FEEL LONELY REMEMBER TO REACH OUT TO YOUR NETWORK, TEAM OR PACK.

**#BEATLONELINESS**

the  
power of  
humanity

