

MEDIA RELEASE – A SIGNIFICANT RISE IN LONELINESS: RELATIONSHIPS AUSTRALIA CALLS COMMUNITY TO ACTION ON NEIGHBOUR DAY, THIS SUNDAY 30 MARCH 2025

-- For immediate release --

As Australia prepares to celebrate Neighbour Day this Sunday, 30 March, alarming data reveals that more than 5.1 million people across the country (24% of the population) say they often feel very lonely – a significant increase from 20% of people in 2022.

The findings come from Relationships Australia's Relationship Indicators 2024 research study and are highlighted in a fact sheet released today to mark Neighbour Day, the annual day of action for Relationships Australia's leading social connection campaign, Neighbours Every Day.

The research shows loneliness disproportionately impacts vulnerable groups:

- 33% of those aged 25-34 years
- 35% of one parent families with children aged 15+
- 49% of people living with a long-term mental health condition
- 42% of those distressed due to relationship pressures

"These statistics paint a concerning picture of increasing loneliness across Australia," said Nick Tebbey, National Executive Officer, Relationships Australia. "Particularly troubling is the increased prevalence among certain groups within Australia, demonstrating that we share a collective responsibility to grow belonging for everyone."

Social loneliness – the feeling of lacking a wider social network – has increased to 37% of people in Australia at the end of 2024, up from 34% in 2022. This figure rises dramatically to 55.7% among those with long-term mental illness and 48.2% for people living with disability.

Importantly, the research confirms that social connection yields tangible benefits. People who aren't socially lonely report asking friends for support more often, experience greater wellbeing, and enjoy higher relationship satisfaction.

"The good news is that the Neighbours Every Day campaign provides a proven solution," Mr Tebbey explained. "Our evaluations show that 85% of participants know their neighbours better after engaging with the campaign, with 99% of these relationships enduring over time. Most significantly, 63% saw improvements in their mental health."

"When we create, share and grow belonging in our communities, everyone stands to benefit."

Costa Georgiadis, host of ABC's Gardening Australia and NED Ambassador, emphasised the mutual benefit of connection: "When you reach out to others, you get back much more than you give. Growing belonging is a real investment in everyone. Let's make every day Neighbour Day."

On Sunday 30 March 2025, everyone across Australia is encouraged to take simple actions to connect with neighbours, whether hosting a street gathering, sharing a cuppa, or simply introducing themselves to someone new on their street.

A wide range of resources, information, and inspiration can be found on the Neighbours Every Day website (<https://neighbourseveryday.org.au>).

"The evidence is clear that social connection is essential for our individual and collective wellbeing," concluded Mr Tebbey. "This Neighbour Day, let's all take action to create communities where everyone feels they belong."

Download free event resources at [NeighboursEveryDay.org](https://neighbours.everyday.org)

#NeighboursEveryDay #CreateBelonging #ShareBelonging #GrowBelonging
#NeighbourDay2025

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Relationships Australia is a leading provider of relationship support services for individuals, families and communities. We aim to support all people in Australia to achieve positive and respectful relationships. We are a community-based, not-for-profit Australian organisation with no religious affiliations.