

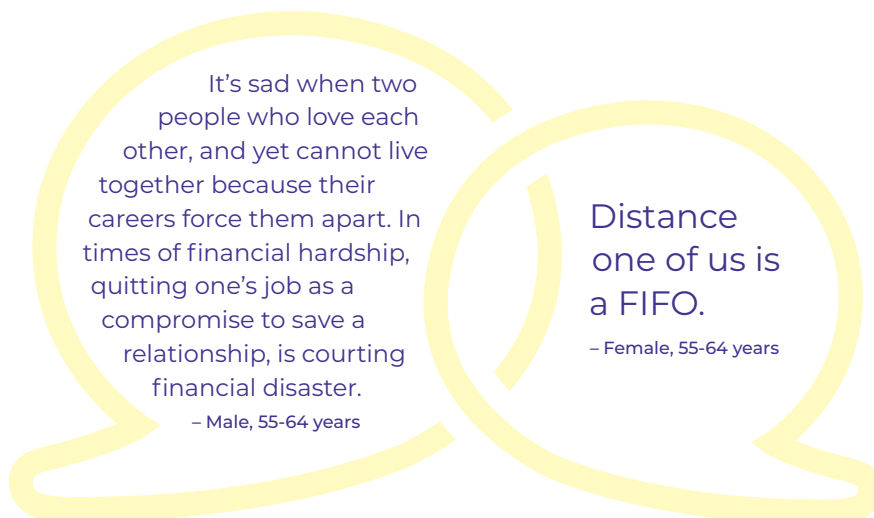
Relationship Indicators 2024

Loneliness



5.1mil

(24%) Australians reported they often felt very lonely, an increase from 20% in 2022



People that often felt very lonely:

- 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

37% of people reported being socially lonely*

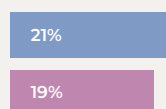


Social Loneliness increases among particular groups:

- 55.7%** of those with long-term mental illness
- 48.2%** of those living with disability
- 55.1%** of those who said groups did not play an important role in their lives

'Social losses (loss of shared friends).' - Male, 35-44 years

21% of people reported being emotionally lonely*



Emotional Loneliness increases among particular groups:

- 33.2%** of those experiencing ongoing effects from a separation
- 46.3%** of those that did not rely on others for support
- 42.8%** of those feeling unsafe agreeing with their most important person

'I am not one to unload on others, prefer to work through issues on own.' - Female, 35-44 years

* For the purposes of this Report, these statistics relate to Respondents who reported that they were lonely for each of the three separate questions about social or emotional loneliness on the DeJong Gierveld short scale (ie, a total score of 3 for each type of loneliness, which reflects greater social or emotional loneliness than for those reporting just one or two of the questions).

Relationship Indicators 2024

Loneliness



83.9%

of older persons aged 75+ years **did not** report feeling very lonely

I feel less lonely now than when I was married.

- Female, 45-54 years

I speak with my old ex neighbour who is 90 yrs old very calming & wise.

- Female, 55-64 years

Prioritising social games (such as DnD) instead of spending time at home.

- Female, 35-44 years

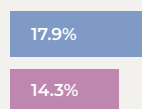
Among people that were not socially lonely:

39.7% reported asking friends for support



'Men's support group.' - Male, 25-34 years

17.9% reported greater subjective wellbeing



'Dance class' - Female, 65-74 years

41.4% reported relationship satisfaction



'Childcare groups.' - Female, 25-34 years

Among people that were not emotionally lonely:

82.9% reported feeling safe disagreeing in their relationships



95.4% felt loved



73.3% reported high life satisfaction



A relationship solution

The Neighbours Every Day campaign provides simple, practical tools to create sustainable connections with your community. Neighbours Every Day is a proven intervention that leads to sustained reductions in loneliness

Neighbours Every Day

85% knew their neighbours better after engaging with the campaign

99% of these newly formed relationships have endured

63% saw improvement in their mental health