

# What is loneliness?



Loneliness is an uncomfortable feeling people get when they don't have relationships they would like to have. Loneliness is about how disconnected you feel, not how many people you know.

## Understanding Loneliness

To find out more about loneliness in our community the City of Rockingham developed an evidence based\* survey to measure how often we feel lonely and what our average loneliness score is.

Loneliness doesn't have to last forever, but it might take time to feel more fulfilled by your connections and relationships.

**Remember you are not alone.**



Get outside



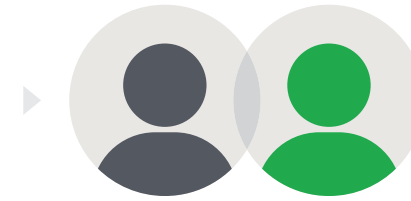
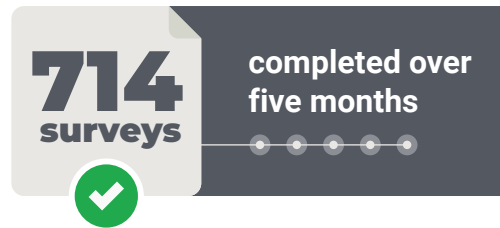
Forget comparison



Don't ignore the small talk



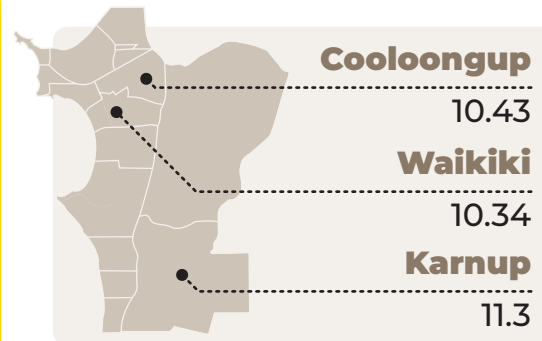
rockingham.wa.gov.au



Top two reasons respondents think people are lonely

- 1** Being isolated
- 2** No sense of community

## Our loneliest suburbs



## Our loneliest age groups



For more information visit [rockingham.wa.gov.au/loneliness](https://rockingham.wa.gov.au/loneliness)

If you want to talk to someone right now, Beyond Blue is available 24/7 either by phone or online counsellor chat. Visit [beyondblue.org.au](https://beyondblue.org.au) or call **1300 224 636**.

## How often do we feel lonely?



\* Developed using UCLA Loneliness Scale and Ending Loneliness Together resources.