STRESS AWARENESS MONTH 2022

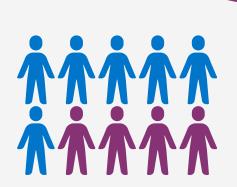
Community

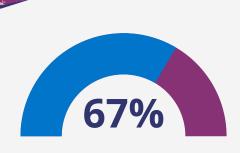
The past two years highlighted the importance of social connections and relationships for our wellbeing and ability to cope in challenging times.

Over a century of research has proven how crucial social connection is for wellbeing.

3.7 MILLION ADULTS IN THE UK

said they felt lonely 'often' or 'always' from October 2020 to February 2021





67% IN THE UK

of people have experienced social isolation and loneliness following a bereavement

10.5 MILLION PEOPLE IN THE UK

said their wellbeing had been affected because they feel lonely in the last year



1 IN 4 YOUTH GLOBALLY

are experiencing clinically elevated depression symptoms

1 IN 5 YOUTH GLOBALLY

are experiencing clinically elevated anxiety symptoms

NEARLY 9 IN 10 BRITONS

aged from 18 to 24 said they experience loneliness to some degree with a quarter (24%) suffering often and 7% saying they are lonely all of the time.

Loneliness is a preventable public health issue and has been linked to mental illness, suicide, poor health behaviours, and premature death. It is characterized by a perceived lack of social support and a sense of social disconnection

Discover more at www.stress.org.uk www.wellbeing.work





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