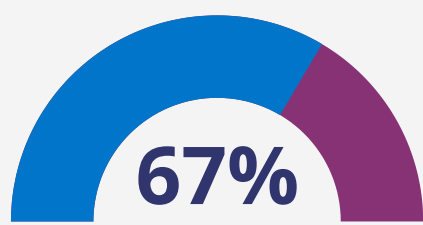
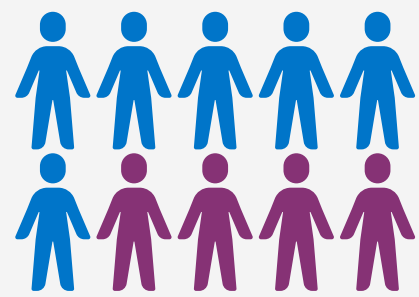


Community

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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Stress Management Society
from distress to de-stress