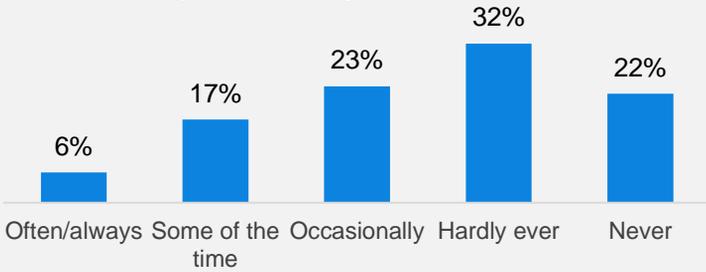




# Community Life Survey: Loneliness

This factsheet summarises official statistics on Loneliness for adults (16+) in England, based on data from the 2018-19 Community Life Survey

How often do you feel lonely?



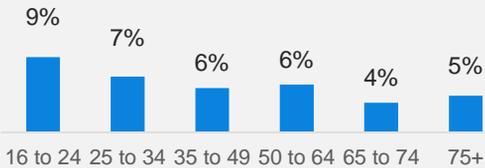
**6%** of adults (16+) said they **often or always** feel lonely



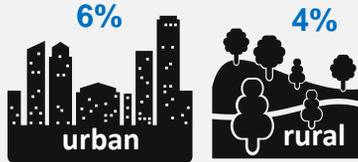
## Who feels lonely often or always?

The proportion feeling lonely often or always is higher among...

16 to 24 year olds than those aged 35+



People living in urban areas



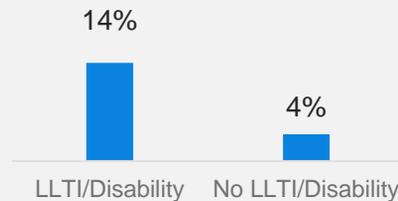
but...

Men and women had **similar** rates of feeling lonely often/always

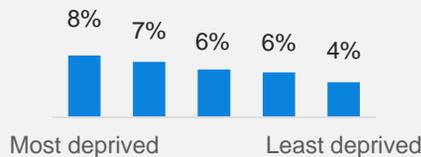


**6%**      **7%**

People with a limiting long term illness (LLTI)/disability



People living in the most deprived areas



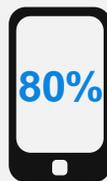
Rates between ethnic groups and regions were also similar

## Social Interactions with friends or family at least once a week

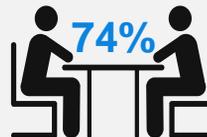
exchange text or instant messages



speak on the phone/video call



meet up in person



email or write



## Support Networks

**96%** agreed that if they needed people to talk to, there is someone they can count on to listen



**91%** agreed that if they wanted to socialise, there are people they can call on



**95%** agreed that if they needed help, there are people there for them

