

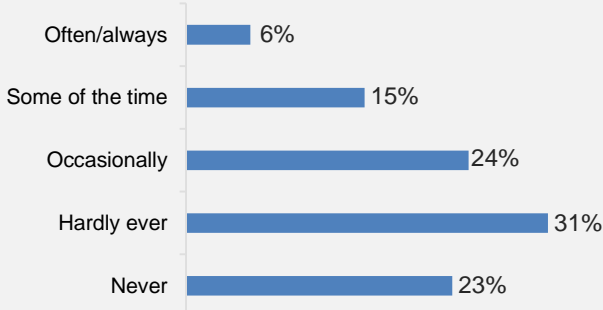


Community Life Survey: Loneliness

This factsheet summarises official statistics on loneliness from the
Community Life Survey: 2017-18

Correction notice: Social Interactions figures were updated on 17th August 2018 to include paper estimates
which were previously excluded in error.

How often do you feel lonely?



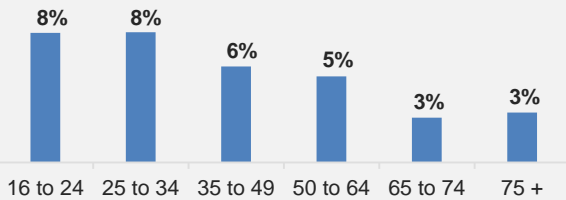
6% of adults reported they often or always
feel lonely (over 1 in 20 adults aged 16+)



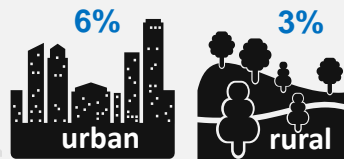
Who feels lonely often or always?

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

16 to 34 year olds than those aged 65+

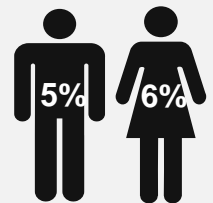


People living in urban areas

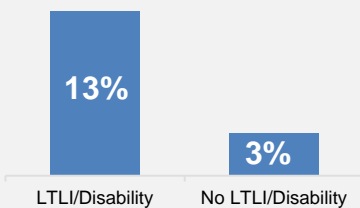


but...

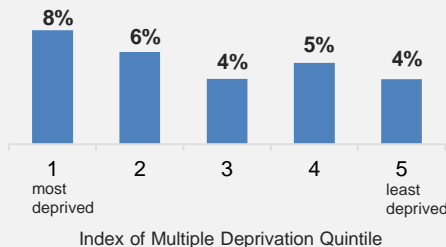
Men and women had
similar rates of feeling
lonely often/always



People with a limiting long term
illness/disability



People living in the most deprived areas



There were also no
significant differences
by region or ethnic group

Social Interactions with friends or family at least once a week

82% exchange text or
instant messages



80% speak on the
phone/video call



73% meet up
in person



38% email or
write



Support Networks

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



92% agreed that if they
wanted socialise there are
people they can call on



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

