

43%

of Australian men feel lonely

Loneliness is a public health crisis that is only just beginning to be understood.

What is LONELINESS?

Healthy Male defines loneliness as a feeling of the sadness or distress (emotional suffering) you get when your relationships with others aren't meeting your need for personal connection. Just as hunger tells us we need food, loneliness tells us a different fundamental need is not being met.

Loneliness is a critical health issue of our time, and it appears to be getting worse. In fact, males living alone, especially those raising children, are the loneliest people in our country.

That's why Healthy Male has targeted loneliness for this year's Men's Health Week campaign.

Why does it MATTER?

It has the same rate of impact as smoking

15

CIGARETTES

a day, and can be as bad for your health as obesity, high blood pressure or not getting enough exercise.

It can also increase the risk of heart disease, stroke, depression, and anxiety.

It is reported that more than

2 in 5

AUSTRALIAN MEN

are lonely, and 1 in 6 of these men, aged 18+, rank loneliness among their top three health concerns.

Loneliness and social isolation are also linked with an accelerated cognitive decline in older adults and increased risk of dementia.

Men who are lonely are

8.5x

MORE LIKELY

to have poor mental health, 3.9x more likely to have high stress, 1.7x more likely to have poor physical health, and 1.5x more likely to have a high work-life imbalance.

Lonely men are also associated with higher levels of smoking, and greater alcohol consumption.

What you can DO

Not feeling lonely, or preventing loneliness, is different to everyone, but investing in your relationships with others is a good way to avoid loneliness. It's about 'filling your cup' with social relationships that feel significant to you, and that are based on mutual respect, trust, interests and values. Here are some things you can do to help you feel less lonely:



Connect with others

Plan a social activity with family, friends, or colleagues. Even a phone or video call can help you and others combat loneliness.



Join groups or clubs

Look for groups or clubs that align with your interests and hobbies. This can be a great way to meet new people and engage in activities you enjoy.



Volunteer

Make some time in your schedule to volunteer for a cause you care about, and connect with others to feel a sense of purpose.



Seek professional help

If your loneliness is persistent or overwhelming, consider talking to a mental health professional who can provide additional support and guidance.

Reach out for SUPPORT

Dealing with loneliness can be a challenging experience, but there are experts available to provide guidance and support. Remember that it's okay to acknowledge your struggles and seek help. Taking the first step can be daunting, but it's important to know that you're not alone. Chatting with your GP can be a great place to start, or you can try seeking support from specialist organisations that deal with loneliness.

Mental Health

HEAD TO HEALTH

Head to Health
Helping people find digital mental health services from trusted mental health organisations across Australia.

OPEN ARMS

Open Arms
Mental health support for Navy, Army and Air Force personnel, veterans and their families. 24/7 phone number: 1800 011 046

Relationships Australia

Relationships Australia
A leading provider of relationship guidance and support services for individuals, families and communities Australia-wide.

Community Groups

Dads Group

Dad's Group
Promoting positive parenting for fathers and father figures, and gives new dads the support and connection they need.

Australian Men's Shed Association

Men's Shed
A national service provider that aims to bring men together to help them lead a positive lifestyle while strengthening communities.

THE MEN'S TABLE

The Men's Table
A national not-for-profit that helps men build meaningful male friendships and connection by creating safe places to share, overcoming the stigma that 'men don't talk.'

Immediate Support

Beyond Blue

Beyond Blue
Focused on supporting people affected by anxiety, depression and suicide. 24/7 support line: 1300 22 4636

MensLine Australia

MensLine
Free telephone and online counselling service offering support for Australian men anywhere, anytime. 24/7 support line: 1300 789 978

Lifeline

Lifeline
Providing all Australians experiencing emotional distress with access to 24-hour crisis support and suicide prevention services: 13 11 14

UNDERSTANDING MEN'S HEALTH WEEK 2023
LONELINESS

