

National Data

- Mental Health Foundation 2010 – ‘in general, the younger you are the more likely you are to feel lonely often (12%), and the more likely to have felt depressed because you felt lonely (53%)’
- Aviva Health Check 2014 – ‘nearly half (48%) of 18-24 year olds say they often feel lonely compared to 25% of those aged over 65 and a UK average of 34%’
- BBC Television Survey 2015 – three in ten of those aged 18-24 say they experience loneliness at least some of the time
- Opinium Survey 2015 – 83% of 18-34 year olds are ‘often, always or sometimes lonely’ compared to only 48% of over 55s

Get Connected Data

- 694 calls in one year where 'lonely', 'isolated' or 'alone' registered as key word
- 14% came from South East – highest outside London
- Major cause of loneliness is 'floating' or generalised anxiety – a sense that all is not quite right in their lives
- Possible to surmise that in case of 18-24 year olds this anxiety is linked to life transitions
- Coming in from the cold – ACEVO report into loneliness and young people in London has key data about cost implications relating to loneliness and health and social care, crime and unemployment

Youth Options Work with Children in Care and Care Leavers

- Young People have told us:
- Many of the people in their support network are employed to be there
- Find it hard to trust people therefore find it difficult to make friends
- Feel 'the odd one out' 'the person 'who's parents didn't want them' this leads to feelings of shame and loneliness
- Young parents that have had their child/children taken into care and those who have had no contact with family members are loneliest

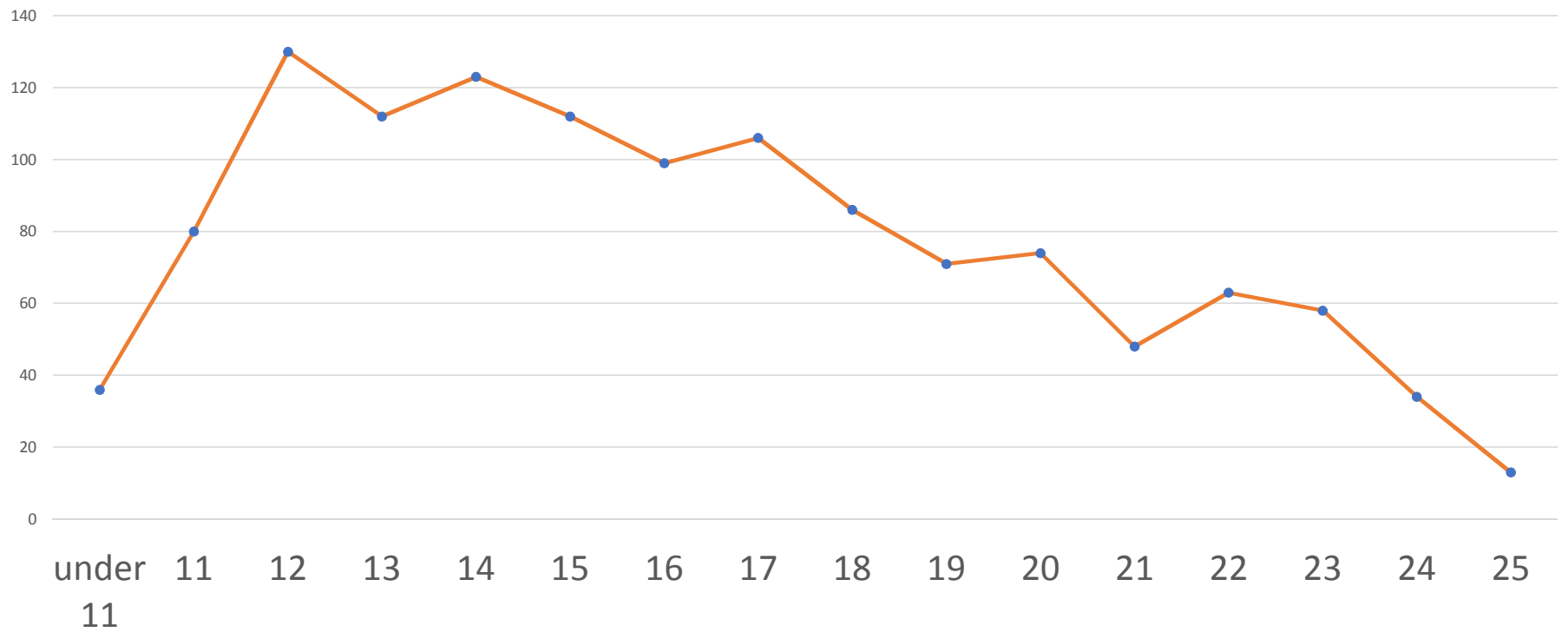
Feedback from young people

- 84% of young people on next steps strongly agreed that the project meant they had a better support network and felt less lonely
- For the question “This is what I like about Youth Options” young people from projects for children in care and care leavers (5 projects) included making new friends/socialising in their responses
- Young people from Next Steps comments about what they like about the project included “meeting new people” “Love that mums and babies get to meet and go out” “Helped me get out and make new friends”

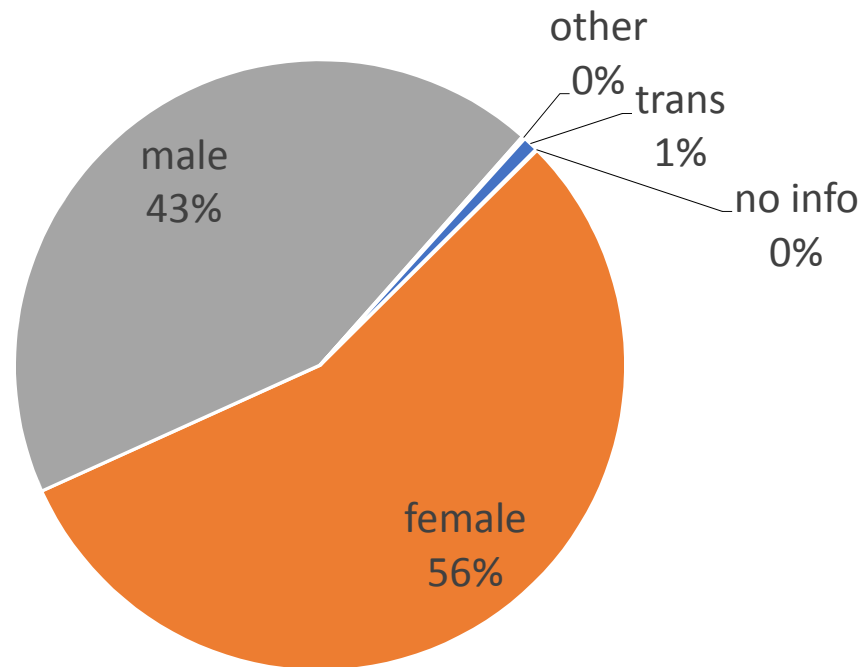
Support offered by No Limits

- In the year 2015-16 No Limits offered information and support to 5,865 Young people on 33,357 Occasions.
- Of these 1,245 (21%) Young people discussed feelings of loneliness or difficulty relating to others on 3,521 Occasions.

Breakdown by age of young people accessing support feeling lonely or having difficulty relating to others.



Young people reporting feeling lonely by gender



Some feedback from young people who attend groups at No Limits.

- I've been a part of safe house for two months, it's been really handy to have somewhere to go where I feel accepted. Being around other people who are in similar or different situations is really good . You get to talk things through, there is a mutual support between everyone.
- I find everyone at safe house really supportive and it's nice to have people to talk to who understand.
- I have been put on the peer mentor training and that involves meeting up with new group members and making sure they feel welcomed and fit in, I've also been helping them with their problems. I feel good for helping others and good about myself for helping others, which has helped me to be happier.
- Safe House taught me the meaning of friendship, it has literally saved my life.
- Being able to talk to other women has helped me feel normal. I've never had anywhere I can be myself before.