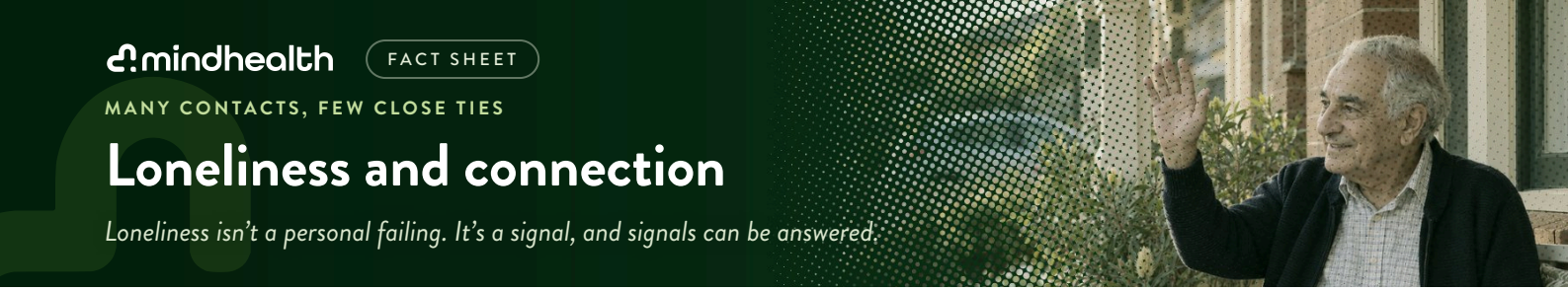
mindhealth FACT SHEET

MANY CONTACTS, FEW CLOSE TIES

Loneliness and connection

Loneliness isn't a personal failing. It's a signal, and signals can be answered.



The gap
Less connection than you need

A real signal
Like hunger, it asks for action

Depth counts
A few close beat many distant

01 What loneliness really is

Loneliness is the gap between the connection you have and the connection you'd like, which is why you can feel it in a crowded room or a busy office. It's common, and it isn't evidence that something is wrong with you. Like hunger, it's a built-in signal asking to be answered. Left too long it wears on mood, sleep and health, so it deserves a response, not shame.

02 Connection is built, not found

Waiting to feel "ready" keeps the bridge unbuilt. Connection grows from small, repeated contact: turning up to the same place twice, asking one real question, staying ten more minutes. Structure beats willpower: a standing club, class or volunteering shift does the inviting for you. And two people you can be honest with will do more than two hundred contacts you can't.

03 What genuinely helps

- One small wave: a message, not a speech
- Recurring things: clubs, classes, volunteering
- Being the one who invites first
- Saying a smaller, truer thing sooner
- Ten more minutes before you slip out

A PRACTICAL STORY



THE TRUTH

Depth beats numbers

depth feeds you; numbers don't



Plenty of contacts can still feel empty. A few honest, two-way ties are what actually feed you.

PRACTICAL TOOLKIT

One small wave

1. Message one person today, just two lines
2. Join one recurring thing this month
3. Stay a little longer than comfortable

Built plank by plank, not all at once.

WHEN TO SEEK HELP

If loneliness has settled in alongside low mood or anxiety, or reaching out feels impossible, a psychologist can help you rebuild from where you are. Ask your GP about a Mental Health Treatment Plan.

DID YOU KNOW?

In 2018 the United Kingdom appointed a Minister for Loneliness, one of the first governments to do so.

UK Government, January 2018

THE KEY TAKEAWAY

Loneliness is a signal, not a verdict. Answer it one plank at a time.

Need support right now? Lifeline **13 11 14** · Emergency **000** — available 24/7. More options: **mindhealth.com.au/urgent-help**

TALK TO US WHEN YOU'RE READY

Parramatta and online, Australia-wide · **Book at mindhealth.com.au**

1300 084 200

MH-CR-232 · v32 · October 2026
© 2026 Mind Health · General information, not medical advice · CC BY-NC-SA 4.0