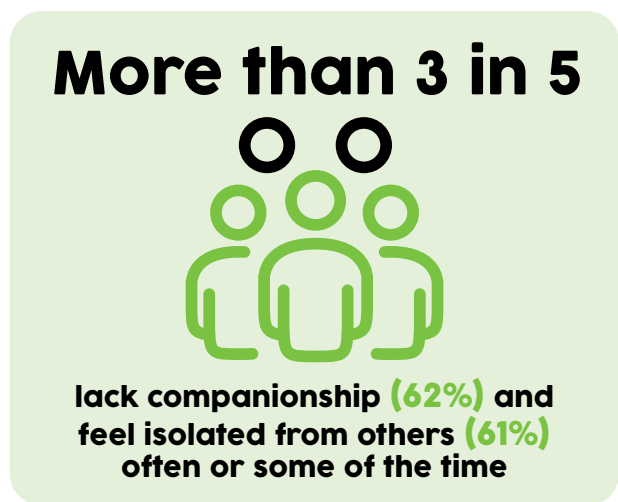
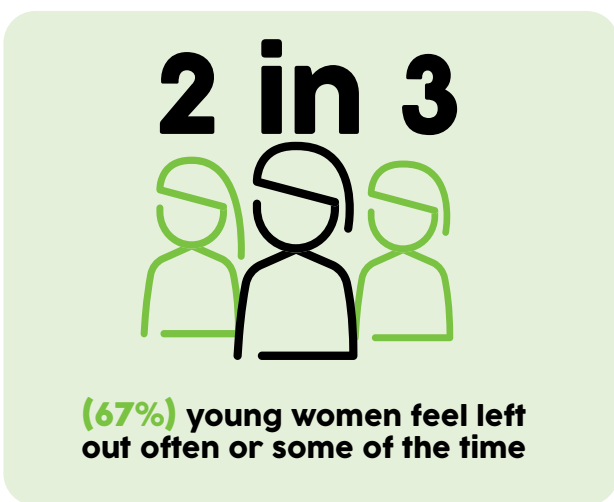


# headspace urges young women to create connections, as survey reveals many feel lonely

March 2024

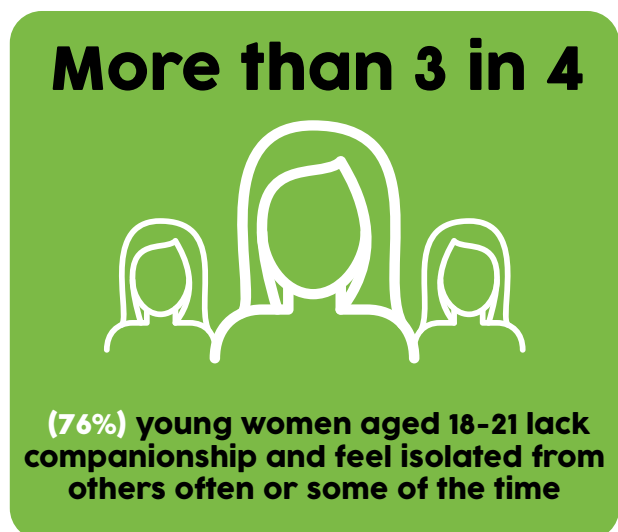
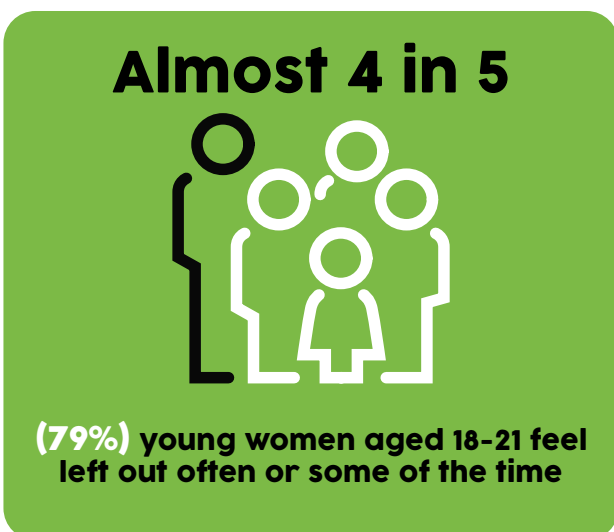
This International Women’s Day, headspace is encouraging young women to explore opportunities for social connection in their community, as research finds they are more likely than their male peers to experience loneliness.

## According to the latest headspace National Youth Mental Health Survey:



Feelings of loneliness were higher in young women aged 18-21 years-old than any other age group of young Australians.

This stage of young adulthood can be marked by major life changes – gaining greater independence, leaving school, moving out of home, and beginning further education or a career.



Despite experiencing higher rates of loneliness, young women were more likely (75%) to seek help from a mental health professional, compared to young men (65%).

However, 18-21-year-old women were least likely among all young women to seek help, with more than half (52%) preferring to deal with emotional problems on their own.

## headspace is encouraging young women to explore opportunities to create connections by:

-  **Volunteering in your local community**
-  **Checking out groups at your university or work**
-  **Exploring clubs that focus on a hobby you enjoy**
-  **Getting in touch with your local headspace centre**

Young people aged 12 to 25, as well as their family and friends can also visit a headspace centre for support. Support is also available via phone and online counselling service eheadspace seven days a week between 9am–1am (AEST).

[headspace.org.au](https://headspace.org.au) or call 1800 650 890