

HAMPSHIRE JSNA SPOTLIGHT

Loneliness & mental wellbeing

How does this impact our population?

Nationally, 23% of adults reported feeling lonely often, always or some of the time. Younger adults are more likely to experience loneliness, with 27% of those aged 16-29 and 28% of those aged 30-49 reporting feeling lonely, compared with 19% of those aged 50-69 and 16% of those aged 70 and over. Across Hampshire, this equates to an estimated 155,000 people aged 16-49 who feel lonely. Findings from the #BeeWell survey found that 1 in 10 young people in Hampshire often or always feel lonely.

Click here for [March's tips for loneliness | Campaign to End Loneliness](#)

15-21 June is [Loneliness Awareness Week](#) hosted by Marmalade Trust



WHO Drivers of social isolation & loneliness

What support is in place for Hampshire residents?

[Mental Wellbeing Hampshire](#) is a partnership of organisations working to support good mental health and wellbeing in our communities. This webpage has online resources and information about where to find help and support. [Let's talk about loneliness :: NHS Hampshire and Isle of Wight](#) lists resources available from Hampshire & IOW ICB.

Where can I learn more?

Visit our [Healthy People](#), [Inclusion Health Groups](#) and the [Hampshire Mental Health and Wellbeing Index](#). The [JSNA data glossary](#) can help guide you. National data is available at the ONS [Public Opinions and Social Trends](#). Local data for young people at [Hampshire- #BeeWell](#)

If you have a question and would like to get in touch with Hampshire's Public Health Intelligence Team, you can use the QR code or email PHIT@hants.gov.uk

