

# OpenVoiceNews Australia

Transparent. Unbiased. Yours.

## Young Australians Face Loneliness Crisis, Study Reveals

July 31, 2025

– Categories: Human Rights



New research from Ending Loneliness Together exposes a widespread loneliness crisis among young Australians aged 15–35, with one in seven experiencing persistent isolation.

A sobering report released on July 31, 2025, by Ending Loneliness Together has revealed that 43% of young Australians aged 15 to 35 are grappling with loneliness, with one in seven enduring persistent loneliness lasting over two years. The study, titled *A Call for Connection: Understanding and Addressing Youth Loneliness in Australia*, draws on data from the 2022–23 Household, Income and Labour Dynamics in Australia (HILDA) survey,

highlighting a growing public health concern with an economic cost of \$2.7 billion annually, as reported by 9News.

Associate Professor Michelle Lim, chief executive of Ending Loneliness Together, told 9News that loneliness is distinct from being alone, noting that individuals can feel isolated even when surrounded by others. The report identifies key risk factors, including poor physical and mental health, which double the likelihood of persistent loneliness, and financial strain, which exacerbates the issue. Young people experiencing persistent loneliness are seven times more likely to face high psychological distress, with a 2024 study linking loneliness to vascular dysfunction in adults as young as 22, per MedicalXpress.

Interviews with young Australians aged 16 to 25 underscored the need for safe community spaces to foster connections. A male participant from metropolitan New South Wales, aged 22-25, shared with researchers that casual post-lecture gatherings at restaurants helped build friendships, according to The Conversation. However, high living costs, such as expensive outings or transport, were cited as barriers to social engagement. Lim emphasized to 9News that weekly interactions with family or friends reduce loneliness risk threefold, while those not involved in sports or community clubs are 1.5 times more likely to feel isolated.

The report, presented at Parliament House on July 31, 2025, calls for a national strategy to address loneliness, drawing comparisons to Denmark's \$5 million action plan, per Mirage News. With National Loneliness Awareness Week set for August 4-10, 2025, Lim urged systemic solutions over individual efforts, highlighting the need for accessible community initiatives to combat this escalating crisis. The findings underscore the urgency of addressing loneliness to safeguard the mental and physical health of Australia's youth.