

LET NO ONE BE ALONE

***This Valentine's Day
(or any day)***



***If you are already feeling lonely,
Valentine's Day can seem like
one of the worst days of the year.***

Bruce Y. Lee has shared information from a survey that was conducted using a Loneliness Scale. The higher the score on the scale, the lonelier you feel, with an 80 being the maximum possible. Any score of 43 or higher would qualify as "loneliness." The results showed the following:

- **61%** of the respondents crossed the 43-point loneliness threshold, up from 54% in a 2018 report. The average score increased from 44 to 45.7, as well.
- **58%** say they always or sometimes feel like no one knows them well, compared to 54% in the 2018 report.
- **49%** always or sometimes feel as though they lack companionship compared to 43%.
- **47%** said that their relationships with others are not meaningful compared to 43%
- **45%** said they sometimes or always feel that they are no longer close to anyone compared to 39%.

There needs to be much more open communication about loneliness, and frank conversations about what to do collectively about the loneliness epidemic.


SSM has developed several resources to help individuals and organizations deal with social isolation and loneliness. These resources can be found on the SSM website at: <https://skseniormechanism.ca/let-no-one-be-alone/>


On the website you will find pamphlets, posters, and other resources that give ideas as to:

- how to connect and reach out when someone is isolated.
- ways to connect while providing others an opportunity to contribute.
- ways organizations can support those who are alone; and,
- positive actions that community businesses can take to help customers feel less isolated.

Please use these resources and reach out to those in your community who may be struggling with loneliness and social isolation, particularly on Valentine's Day.

Access the 5 LET NO ONE BE ALONE resources:

 skseniormechanism.ca

 [saskeniormechanism](https://www.facebook.com/saskeniormechanism)

