

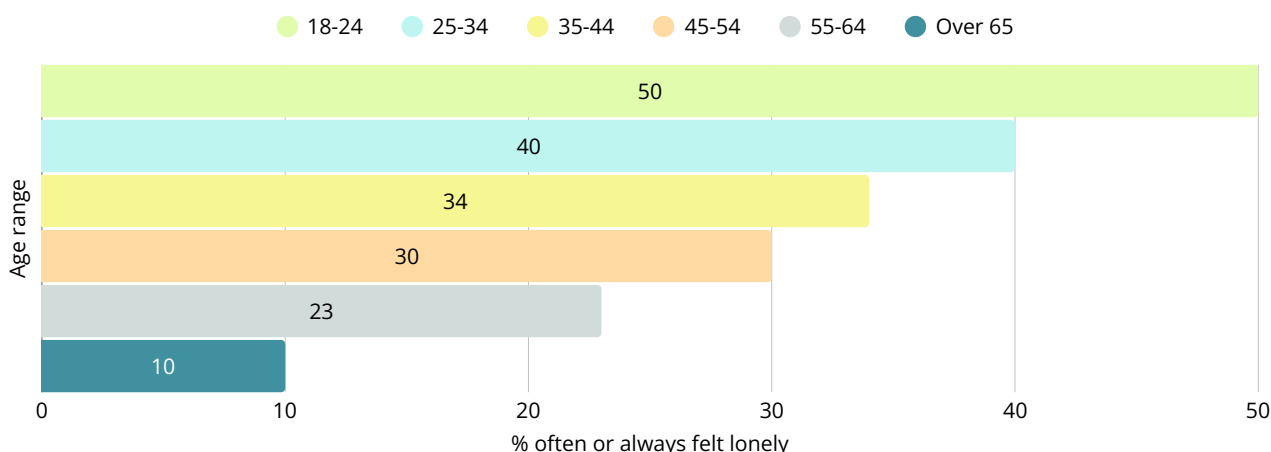
Loneliness at the Crossroads of Mental and Physical Health

Investigating the Link Between Loneliness, Mental Health, and Physical Symptoms

Loneliness is rife and carries health implications

- Almost **1 in 3 Americans often or always felt lonely** in the past 6 months (29%)
- Men experience loneliness as much as women
- **Feelings of loneliness decline with age**

In the past 6 months have you felt lonely?



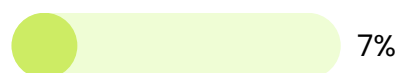
Loneliness correlates closely with depression

Our representative survey of 2000 American adults reveals a striking overlap: six in ten of those who feel lonely often or always screened positive for depression. Yet almost half have never spoken to a healthcare provider about their emotional health.

Reasons range from stigma and short appointments to a belief that “it’s not relevant” compared to physical health concerns. This divide between mind and body care is itself a driver of prolonged suffering.

Patients instinctively connect their physical ailments to mental states like stress, anxiety, and depression. Yet the healthcare journey remains segmented—mental health flagged separately rather than integrated as part of overall well-being.

Screened Positive for Depression



Rarely/never lonely



Often/always lonely

Patients blame their mental health for their physical health symptoms

People feel their mental wellbeing is significantly more connected to their physical health symptoms than physical wellbeing such as diet, exercise, hormones or injury.

The top 4 things people attribute **physical** ill health to are:

35%

Depression

43%

Anxiety

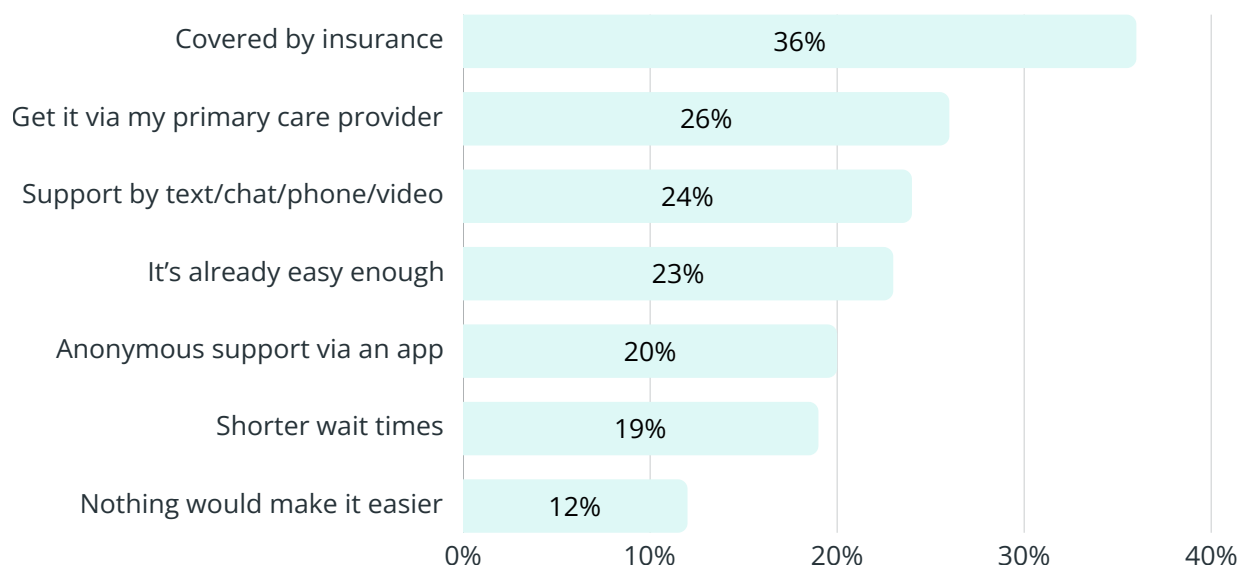
42%

Insomnia

50%

Stress

What do American patients think would make it easier to seek mental health support?



Barriers and Preferences in Accessing Mental Health Support

1 in 3 patients

are unaware that insurance can cover mental health support

1 in 4 patients

would like remote support via text/chat/phone/video

1 in 4 patients

would like to access emotional support via their PCP

1 in 5 patients

are put off by long wait times for support



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by **wysa**