

Loneliness Is a Public Health Emergency. Here's What Helps, According to Experts

June 09, 2022

When the pandemic first began, many experts feared that even people who managed to avoid the virus would suffer from unprecedented levels of loneliness. What would happen when millions of people were told to stay at home and distance themselves from friends and loved ones?

Two years of research later, experts have found that the pandemic did make Americans slightly more lonely—but loneliness levels were already dire enough to pose a threat to mental and physical health. Here's what you need to know about loneliness and how to address it in your own life.

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