

To Counter Loneliness, Find Ways to Connect

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A four-minute film produced for the UnLonely Film Festival and Conference last month featured a young woman who, as a college freshman, [felt painfully alone](#). She desperately missed her familiar haunts and high school buddies who seemed, on Facebook at least, to be having the time of their lives.

It reminded me of a distressing time I had as an 18-year-old college sophomore — feeling friendless, unhappy and desperate to get out of there.

I didn't know it then, but I was in [the age bracket — 18 to 24](#) — that now has the [highest incidence of loneliness](#), as much as 50 percent higher than occurs among the elderly. For young adults, loneliness and social isolation are major precipitants of suicide, experts say.