

The Impact of Loneliness: Social vs. Emotional Isolation

Social vs. Emotional Isolation

Loneliness and isolation cost more in every way – to the patient’s health and quality of life, the patient’s wallet, the provider’s bottom line, and to the country’s healthcare system as a whole. **So, what is isolation?**

Emotional Isolation

Maladaptive behavioral thinking that makes you feel “alone,” even when you are with others and have frequent contact with other people

Social Isolation

Isolation from others in which an individual does not have contact, specifically in-person, with other people

Prevalence of Isolation



Around 24% of American adults suffer from mental illness, while roughly 35% of American adults say they have experienced social isolation. These numbers show that loneliness is not simply depression, and it should be evaluated and treated differently. While loneliness can lead to depression, or vice versa, the two don’t always occur together.

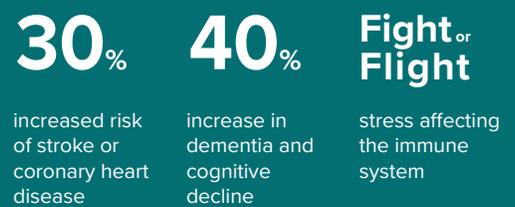
During a Health Crisis

Two thirds of adults report having experienced social isolation and a majority of those experiencing social isolation also report other negative feelings.

Adults are aware that increased social isolation can have an impact on someone’s mental and physical health, and **two thirds** agree that experiencing a global health crisis has caused their stress/anxiety levels to increase.

Effects of Social Isolation

Loneliness impacts mental and overall wellbeing including:



Effects of Social Isolation



The Long Lasting Effects of Isolation and Loneliness



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Speak with our team to learn how your organization can address isolation and loneliness.

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