Loneliness in Canada

In Canada, 13% of people aged 15 and older reported always or often feeling lonely

Loneliness is prevalent across Canada

If you feel lonely, you’re not alone.

* Differences in the proportion of people reporting loneliness from region to region are not statistically significant.

Loneliness has no age restriction

Almost 1 in 4 people aged 15 to 24 years reported that they always or often feel lonely.

Women report higher levels of loneliness than men

11% of men aged 15 and older ...
18% of men aged 15 to 24 ...
15% of women aged 15 and older ...
29% of women aged 15 to 24 ...

reported always or often feeling lonely.

Those who are lonely report worse mental health and lower life satisfaction

People who are married or in a common-law relationship are less lonely

* "Not in a couple" refers to people who are widowed, separated, divorced or single.

1. Loneliness, life satisfaction and self-rated mental health are indicators in the National Quality of Life Framework for Canada.
2. The data in this infographic reflect the responses of the population aged 15 and older in Canada’s 10 provinces.

Source: Canadian Social Survey, Wave 2, August to September 2021.

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