

MEDIA RELEASE

For immediate release — Wednesday, 25 March 2026

One in four of us is lonely. This Sunday, Relationships Australia is asking all of us to do something about it.

As Neighbour Day arrives on Sunday 29 March, Relationships Australia is issuing a simple but urgent call to action: reach out, include someone, and help build a community where everyone belongs.

Australia is in the grip of a loneliness crisis. One in four people now report feeling lonely, up from one in five in 2022. Among young adults aged 18 to 24, one in three report feeling lonely always or frequently. Chronic loneliness carries significant health risks and is a significant risk factor for poor mental health and suicide.

Yet research consistently shows that the solution doesn't require sweeping intervention. Small, everyday acts of connection (a conversation, an invitation, a friendly wave) are enough to shift how people feel about where they live and whether they belong.

Belonging Every Day

This year's theme is Belonging Every Day, and it's a call to make inclusion and connection a consistent part of daily life, not just a once-a-year event. Neighbour Day, held annually on the last Sunday in March, is the national day of action for Neighbours Every Day (NED): Relationships Australia's year-round social connection campaign, now in its third decade.

Independent evaluation by researchers at the Australian National University and the University of Queensland has found that 85 per cent of people who engaged with the campaign reported knowing their neighbours better, with 99 per cent of those connections enduring over time. Sixty-three per cent experienced improved mental health outcomes.

The campaign has been endorsed in Australia's National Suicide Prevention Strategy 2025–2035 and recognised by the World Health Organization's 2025 Social Connection Report as one of the only evidence-based community connection campaigns of its kind in the world.

What you can do

Relationships Australia is encouraging every Australian to take one small action this Sunday: host a morning tea, check in on a neighbour, share something from the garden, or simply spend a few extra minutes at the letterbox. The campaign's message is clear: belonging isn't built in grand gestures. It's built in the small moments, repeated over time.

"We all have a role to play in making sure the people around us feel seen, valued and included," said Nick Tebbey, National Executive Officer at Relationships Australia. "Neighbour Day is a reminder that connection starts with us. And it doesn't have to be complicated."

Relationships Australia has also called on the Federal Government to invest in scaling the Neighbours Every Day campaign as part of its 2026 Budget submission, recognising the campaign's exceptional cost-effectiveness and alignment with national priorities including child well-being, suicide prevention and community resilience.

Free resources and ideas for Neighbour Day are available at neighbourseveryday.org.

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Relationships Australia is a leading provider of relationship support services for individuals, families and communities. We aim to support all people in Australia to achieve positive and respectful relationships. We are a community-based, not-for-profit Australian organisation with no religious affiliations.