

# Addressing loneliness in emerging adulthood (16-25 years): What do we know and what do we need to know?

2-4pm (BST) on 9th June 2021

## Programme

2.00-2.05	<b>Welcome &amp; introduction</b>	David Osborn (SPHR/LSIMHRN)
2.05-2.15	<b>Overview of emerging adulthood and public mental health</b>	Jen Dykxhoorn (SPHR)
2.15-2.25	<b>What do we know about loneliness in 16-25 year olds?</b>	Prior to the pandemic: Pam Qualter (LSIMHRN); During the pandemic: Maria Loades (LSIMHRN)
2.25-2.35	<b>What (public health) interventions already exist? Who is being left out? What other promising approaches are there?</b>	Alice Eccles (LSIMHRN)
2.35-2.45	<b>How can the built environment help reduce loneliness in emerging adults?</b>	Esther Maughan McLachlan & Jake Heitland (The Loneliness Lab)
2.45-2.55	<b>Considerations for designing a public health intervention for 16-25 year olds</b>	Jeremy Segrott (DECIPHer/TRIUMPH) & Olivia Gallen (DECIPHer's ALPHA group)
2.55-3.05	<b>Reflections on the talks</b>	Young people panel: Alex Adams, Kristiyana Taneva, Olivia Gallen
3.05-3.15	Q&A	Chair: David Osborn
3.15-3.20	Break	
3.20-3.25	<b>Survey responses</b>	Sonia Johnson (LSIMHRN)
3.25-3.50	<b>Breakout room discussions:</b> What do we still need to know to make a difference in reducing loneliness in emerging adults?	Each group has facilitator
3.50-4pm	<b>Feedback from facilitators</b> to main group	One key point per group given verbally, 3-5 key research priorities posted in Chat
	<b>Round up and next steps</b>	David Osborn