

Support outlets

When I feel lonely, I turn to... (select all that apply) *

- Friends
- Family
- AI (e.g. Siri, ChatGPT, Gemini, Alexa, Google Home, Replika, AI companion, etc.)
- Favourite TV show/movie/YouTuber
- Charities (e.g. Samaritans)
- None
- Other

Complete