

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