

# **HELPY - A COMPASSIONATE APPROACH TO THE EPIDEMIC OF LONELINESS AMONG MILLENNIALS**

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## **Abstract**

Data shows that the “**Millennials**” - **the population who was born in the 80’s to 90’s are the loneliest generation in history**. It also shows that Living among a competitive society and technological advancement with illusion of connectedness through social media, under more pressure than ever, both online and offline many millennials are struggling to find truly meaningful and supportive relationships.

This Project aims at understanding and analysing this issue in order to design, develop and evaluate an IT solution addressing this issue in order to minimize the psychological and social concerns rising with in Sri Lanka due to the epidemic of Millennial Loneliness

The solution is to provide an accustomed on-demand IT Solution for a safe, affordable way to connect stressed and helpless individuals with compassionate listeners. It aims to alleviate loneliness by offering instant access to the empathy and emotional support of real people.

**Keywords;** Millennial Loneliness, Emotional Well-being, Compassionate listening