

# Support for *Loneliness*

**Loneliness doesn't always mean being alone.** Support and connection can make a real difference when you're ready. That's especially true given that the effects of social isolation can be as serious a hazard to our health as obesity, smoking, and other major risk factors.

## Physical and Mental Health Effects of Loneliness

Loneliness has been associated with higher risks of:



### Physical health

- Overall mortality
- Heart disease
- Stroke
- Elevated blood pressure
- Physical disability in general



### Mental health

- Cognitive decline
- Dementia
- Depression and anxiety
- Suicide

## What You Can Do

If you are feeling lonely, there are some simple steps you can take to improve your mood and end your isolation:

**Reach out to friends and family.** Even a short phone call can make you feel better.

**Improve your well-being.** Make sure you are eating right, exercising, and getting a yearly checkup with your doctor.

**Share your skills with others.** Offer to volunteer at a local church, school, or community organization.

**Get out and do something.** Check with your local park district, social club, continuing education program, or similar organization, and get involved.

**Get a mental health checkup.** Loneliness is often associated with mental health issues. Talk to your doctor or a mental health professional. You can also contact your Employee Assistance Program.

## How can we help?



If you're feeling isolated and alone, your GuidanceResources® Employee Assistance Program can help. Call your toll-free number **888.327.7501** or log on to [guidanceresources.com](https://guidanceresources.com) using your organization's Web ID: **STATEFARM** to connect with counseling, work-life support, legal and financial guidance, and a wealth of other tools and resources to help you during challenging time.

- Short-term counseling to discuss your situation
- One-on-one coaching to improve self-esteem, confidence, and sociability
- Information on local social, sports, and other groups aligned with your interests
- Online Huddles peer support groups

**24/7**

Live  
Assistance

**Call:** 888.327.7501  
**App:** GuidanceNow<sup>SM</sup>  
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