



When you're feeling disconnected, it's time to reach out.

We have so many ways to stay connected to others. But it can still be easy to feel disconnected. The next time you feel lonely or isolated — instead of scrolling through social media or posting something — reach out to someone directly.

Ask for help and say what you need.

Sometimes we express needs without expressing a need. We might express that we are lonely, without asking for connection. When you reach out to someone, share with them what you are going through — what you are feeling. Let them know the help you could use and ask if they are able to assist you.

Offer support when you can.

Reaching out doesn't just have to be when you have a need. You can also reach out to lend support to others. Helping out can boost your sense of connection, too.

Reach out in different ways.

Making it a habit to stay connected with others can keep you from feeling lonely and boost your resilience. You can:

- Send a postcard, note or letter
- Send a text, instant message or email
- Make an audio or video call
- Share a happy thought or experience
- Share a memory or something that made you think of the person
- Encourage each other
- Ask for help or let someone know if you can help them
- Ask for advice from someone you trust
- Express gratitude to someone you value

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs.

We sometimes lose our sense of connection when we take it for granted. Don't wait until you feel disconnected — reach out to someone today.