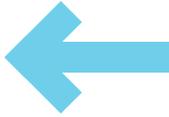


# Loneliness



## What you may be experiencing

Loneliness is an emotion that comes from a lack of social connection. You might feel disconnected and isolated from others. Maybe you haven't seen your loved ones or friends in a while. Or you just miss hugging someone. You might feel as if nobody understands you and there is no one to turn to.

Most of us are experiencing some level of loneliness at this time. Loneliness may affect your concentration, how you sleep, your appetite or energy level.

## What you can do

1. Start a conversation. Call, video chat, or text message friends, family, neighbors and co-workers. Write a letter or postcard.
2. Use social media and virtual technology. Use your time online to connect and interact with others instead of scrolling through posts. Set limited timeframes for reading the news.
3. Try virtual volunteering to provide support in your community. Many organizations, including faith-based organizations, offer online/virtual volunteer opportunities which can give you the chance to contribute to something that you find important.
4. Practice self-compassion and self-care. Be gentle with yourself. Take time for yourself. Read, listen to music, exercise, or learn a new skill. Acknowledge your successes and give yourself a break. You are doing the best you can.
5. Seek help from a professional if your loneliness becomes overwhelming or feels unmanageable.
  - ▶ Talk to your doctor about how you are feeling
  - ▶ Find mental health services: [Mental Health America](#)

Find other  
resources that  
could help:





# Get immediate help in a crisis

## Emergency Situation

- ▶ **Call 911**
- ▶ **[Disaster Distress Helpline](#)**  
1-800-985-5990 (para español Presione #2)  
Text TalkWithUs for English (o para español un texto que diga Hablanos al 66746).
  - Residentes de Puerto Rico que hablan español pueden enviar un mensaje de texto que diga “Háblanos” al 1-787-339-2663.
- ▶ **[National Suicide Prevention Lifeline](#)**  
800-273-8255 or TTY 800-799-4889 (para español llame al 888 628 9454)

## Domestic Violence

- ▶ **[National Domestic Violence Hotline](#)**  
800-799-7233 or TTY 800-787-3224 (para español presione #2)

## Assault

- ▶ **[National Sexual Assault Hotline](#)**  
1-800-656-HOPE (4673)  
(para español presione #2)  
[Online Chat \(atención disponible en español\)](#)

## Child abuse

- ▶ **[National Child Abuse Hotline](#)**  
1-800-4AChild (1-800-422-4453)  
(para español presione el 1)  
Text 1-800-422-4453

## Veteran Support

- ▶ **[Veteran's Crisis Line](#)**  
800-273-TALK (8255)  
[Crisis Chat](#)  
Text 8388255

## Grief

- ▶ **[Red Cross Virtual Family Assistance Center](#)**  
833-492-0094 (para español presione #)

## Elder care

- ▶ **[The Eldercare Locator](#)**  
800-677-1116  
(para español presione el 2)  
[TTY Instructions](#)

## Substance Use

- ▶ **[Substance Abuse and Mental Health Services Administration National Helpline](#)**  
800-662-4357 or TTY 800-487-4889 (para Español presione #2)

## LGBTQ+ Support

- ▶ **[Trans Lifeline](#)**  
877-565-8860 (para español presione #2)
- ▶ **[The Trevor Project's TrevorLifeline](#)**  
866-488-7386

## Local Resources for Food, Housing, Jobs and Other Support:

- ▶ **[UnitedWay's 211](#)**  
2-1-1
- ▶ **Feeding America**  
**Find Your Local Food Bank**  
[feedingamerica.org/find-your-local-foodbank](https://feedingamerica.org/find-your-local-foodbank)  
(Información de servicios en español [feedingamerica.org/en-espanol/encuentre-su-banco-de-alimentos-local](https://feedingamerica.org/en-espanol/encuentre-su-banco-de-alimentos-local))

