

# Are you feeling lonely or isolated?

We all need social connections to have a happy and healthy life. But even with people around you, you could still feel lonely. Or you might find that you are alone a lot and miss being around other people.

Being lonely can hurt your health. It can cause serious health problems like heart disease, depression, obesity, and cognitive decline as you get older.

The good news is, there are many people who want to help you!



## Connecting with others can help.

- Schedule time to contact family and friends. This can be on the phone, in person, or even on email, video chat, text, or social media.
- Don't be afraid to talk to your doctor about how you're feeling. They can help you find ways to get on a path to feeling better.
- Ask a friend for support. Maybe they have felt the same way and found ways to cope.
- Find a local or online support group. If you can't find one, call our Member Services and we can help you.

## Other ways to stay connected

- Take an online or in-person class. There may be lots of free classes at your local community center or public library.
- Start a new hobby or learn about something that interests you.
- Volunteer or get involved in your community.
- Talk to someone while you are waiting in line at the grocery store.
- Adopt a pet if you can take care of them.
- Get plenty of sleep each night. It's an important way to take care of yourself along with healthy eating and physical activity.

## We're here to help

You are not alone. How you feel matters and learning to cope matters too. Passport offers Behavioral Health programs and resources to help you feel better and help you get back to being you.

Call our friendly Member Services team at **(800) 578-0603** (TTY: 711). We are here Monday through Friday from 7 am to 7 pm EST. We can help you find a behavioral health provider.

You can also call the Passport Behavioral Health Crisis Line, available 24 hours per day, seven days per week at **(844) 800-5154**.

If you have an emergency, always call 911.