CONVERSATIONS WITH CAREGIVERS
SOCIAL ISOLATION AND LONELINESS

TIPS: IMPORTANT STRATEGIES

• Make plans to connect every day and add it to your daily schedule. Reach out to others who might be especially isolated.

• Turn to animals for social support. Pets can be important parts of reducing stress.

• There are a number of organizations standing by to help. Allow yourself the gift of asking for assistance.

TAKEAWAYS: THINGS TO REMEMBER

• Social connections are vital to your health. Research proves that people with a strong support network are protected from many of the effects of stress.

• Caregiving can be isolating, and our current situation has amplified that feeling. It is more important than ever for you to connect...with family, friends, other caregivers, support groups.

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• Goodbye to Going It Alone
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Military & Veteran Caregiver Resources

Code of Support Foundation
Columbia Lighthouse Project - Columbia Protocol
The Elizabeth Dole Foundation or Hidden Heroes
Red Cross Military Veteran Caregiver Network
Wounded Warrior Project Talk
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PsychArmor Support Line: 1-844-779-2427

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