

Social Connections

How we spend our time and who we spend our time with plays an important role in our health. Time spent with loved ones and friends, or on meaningful hobbies, volunteering, or participating in your community can help your physical and emotional health.

Being part of a healthy social network can improve your health.

Staying socially connected can keep you...

- Feeling safe in your community
- Physically active
- Eating well

Staying socially connected can lower your risk for...

- Elder or financial abuse
- Falls or injuries
- Harmful alcohol use or smoking
- Hospital admission
- Suicide

Staying socially connected can improve your mental health by...

- Increasing positive emotions
- Reducing negative emotions, such as feelings of isolation, loneliness, depression and anxiety

Take action and stay connected!

- Find out what is available in your community. Call 211 to learn about local community and social services.
- Stay connected! Visit a local community centre, seniors centre, faith-based group, community garden, or library for opportunities to be with others.

Are you or your loved one at risk of being socially isolated?

Check off those that apply to you:

- Live alone
- Over 80 years old
- Have more than one health condition
- Have a fear of falling
- Have limited contact with family and friends
- Have limited access to transportation or lack of affordable transportation
- Have a fixed income
- Don't feel comfortable going out into your neighbourhood
- Have had big life changes (retirement, death of a spouse, lost driver's license)
- Not aware of community services and programs
- Don't know how to use new technology

Some people in marginalized groups may also be at higher risk (for example, people with physical or mental health challenges, caregivers, Aboriginal people, newcomers to Canada, members of LGBTIQ communities).

Talk to your healthcare provider about what you can do to stay healthy and connected.