

Loneliness and Isolation



Loneliness is a feeling of sadness or distress about being by yourself or feeling disconnected from the world around you. Isolation is being separated from other people and your environment. Sometimes this occurs through decisions we make ourselves, or because of circumstances like a job that requires travel or relocation.

Signs & Symptoms

When feelings of loneliness and isolation worsen and continue long-term, it can impact a person's life in many ways. Unrelenting feelings of being alone, separated or divided from others can develop, which can then lead to deeply rooted feelings of inadequacy, poor self-esteem, and self-loathing.

Long periods of loneliness or social isolation can have a negative impact on your physical, mental and social health. Some signs include:

- Physical symptoms – aches and pains, headaches, illness or worsening of medical conditions
- Mental health conditions – increased risk of depression, anxiety, paranoia or panic attacks
- Low energy – tiredness or lack of motivation
- Sleep problems – difficulty getting to sleep, waking frequently or sleeping too much
- Diet problems – loss of appetite, sudden weight gain or loss
- Substance use – Increased consumption of alcohol, smoking, medications, drugs
- Negative feelings – feelings of worthlessness, hopelessness or thoughts about suicide

Risk Factors

- Feelings of loss or grief- a death, relocation or loss of job (even retirement)
- Living alone and /or a lack of close family ties
- Difficulties in meeting new people due to access issues, an introverted personalities, or feeling like you don't belong
- Poor physical health, frailty, mobility issues
- A mental health condition such as depression or anxiety
- Fear of rejection from others or feelings of being "different"
- Inability to participate in activities due to access issues, mobility, illness, transport
- Lack of purpose or meaning in life
- Language or cultural barriers, or reduced connection with your culture of origin

Protective Factors

- Connecting or reconnecting with friends and family,
- Getting out and about – for social functions, exercising, visiting friends, shopping
- Get involved in your community – hobbies, clubs, classes
- Volunteering – helping others is a great way to feel connected
- Having a pet- for companionship and comfort



Loneliness and Isolation



Loneliness is a feeling of sadness or distress about being by yourself or feeling disconnected from the world around you. Isolation is being separated from other people and your environment. Sometimes this occurs through decisions we make ourselves, or because of circumstances like a job that requires travel or relocation

Where to Find Help

If you are dealing with feelings of loneliness that just don't go away, consider these tips:

- Talk to your doctor, a therapist, or another health care professional.
- Let someone know what's going on. Engage with other people in a positive, healthy way. Even though it may be difficult, try making the effort to connect with others.
- Get some exercise and sunlight.
- Find a support group. Receiving support and encouragement from others who may share similar feelings, could help ease symptoms of chronic loneliness.

Local Resources

Western CT Mental Health Network - Danbury Area
(203)448-3200
portal.ct.gov/DMHAS/WCMHN/Agency-Files/WCMHN-Danbury

Connecticut Counseling Centers, Inc.
(203) 743-7574
ctcounseling.org

Community Health Center
(203) 797-8330
chc1.com/locations/danbury/

Danbury Hospital - Community Center for Behavioral Health
Phone (203) 791-5187
danburyhospital.org/departments/behavioral-and-mental-health-at-danbury-hospital

United Way of CT - Call 2-1-1

Connecticut Suicide Advisory Board - preventsuicide.org

NAMI Connecticut - namict.org

National Resources

National Suicide Prevention Lifeline at 1-800-273-TALK

Crisis Text Line - Text CT to 741-741

SAMHSA's National Helpline
1-800-662-4357

Lifeline Australia, Cigna 2020

Funding provided by the CT Dept. of Mental Health and Addiction Services.

