

INVESTING IN RELATIONSHIPS

Humans are wired for social connection, but we've become more isolated over time.

Social connection is as essential to our long-term survival as food and water. But today, loneliness is more widespread than other major health issues in the U.S.

Our epidemic of loneliness and isolation is a major public health concern.

Protection
from Harm &
Psychological
Safety



Contact **Linda G.** at wellnessconsultant@bellin.org
or **920.436.8668** for more resources.

For 24/7 health system access go to bellin.org/contact
or call **800.528.7883**.



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