

It is normal to feel **lonely** sometimes.

Many New Yorkers feel lonely some or all of the time. Even people who are surrounded by others can feel lonely.

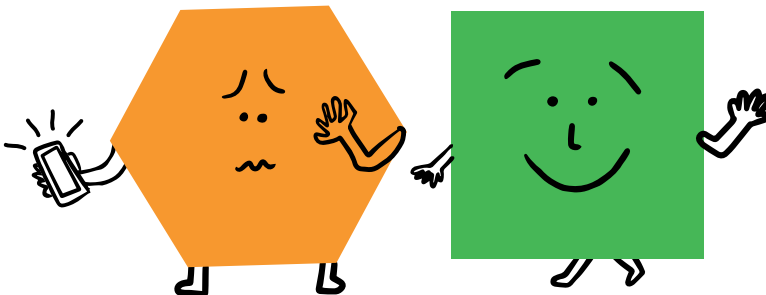
Loneliness is the feeling of not being cared for, valued or seen by the people around us.

You might feel **lonely** if you:

- Have trouble leaving your home
- Have difficulty communicating with others
- Experience a major life event such as a hospitalization, job loss or loss of a loved one
- Have financial stressors or limited financial resources
- Are a caregiver, especially if you care for a newborn
- Have limited social support or social connections
- Feel a lack of purpose
- Experience bias (a belief that one person or group is better than another) and stigma (negative and often unfair beliefs about something or someone) against you — for example, bias against immigrants, communities of color, LGBTQIA+ people and people with disabilities

Loneliness can increase your **risk** for:

- Chronic health conditions such as heart disease
- Depression and anxiety
- Dementia, including Alzheimer's disease



Social connection makes us feel better and keeps us healthy.
If you are feeling lonely, try these actions:

- **Connect with someone each day.** Make a goal of reaching out to a friend, family member, neighbor or colleague every day. Talk in person, on a call or in a video chat.
- **Strengthen your existing relationships.** Let friends and family know you are listening to them by giving them your full attention. If you have not spoken in a while, reach out just to say hi.
- **Find an activity or class that interests you.** You may also meet a new friend. Look to your local public library, faith organization or community center for ideas. You may need to try different activities before you find one that helps you connect with others.
- **Help others in your community.** Offer to run an errand for a neighbor, or volunteer for a community project. Supporting others helps us feel more connected.
- **Ask for help if your loneliness feels unmanageable.** Talk to your health care provider about how you are feeling.

If you feel lonely all the time, you might need extra support.

For more support and to speak to a counselor 24/7, call 888-NYC-WELL (888-692-9355), text WELL to 65173 or visit nyc.gov/nycwell. These services are free and confidential, and interpretation is available in over 200 languages.

