



# WAYS TO CONNECT



63%

of college students reported  
feeling extremely lonely in the  
last year

(American College Health  
Association, 2017)

# SIGNS OF LONELINESS

- Low energy/exhaustion
- Negative feelings of self-doubt and self-worth
- Increased feelings of anxiety
- Poorer immune health
- Physical aches and pains
- Overwhelming feeling of being alone
- Few close friends
- Struggle to connect with others on a deep level
- Sleep problems
- Lack of appetite

(Hartford Health, 2020)

# SIDE EFFECTS

- Increased stress
- Increased heart problems
- Triggers depression
- Poor decision-making
- Decreased memory
- May lead to substance use

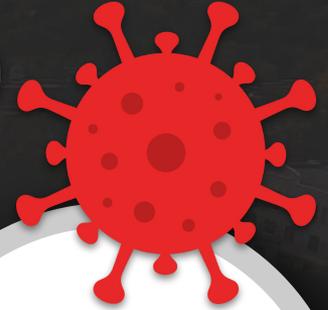
(Hartford Health, 2020)

- Understand that it **happens to everyone**
- Acknowledge what you're feeling
- Call/video chat with someone
- Get involved (safely during COVID)
- Seek professional help
- Reach out to the University Counseling Center
- Attend virtual games/events
- Attend virtual exercise classes
- Crisis Line: text NAMI to 741741 or call 800-950-6264

(World Health Organization, 2020)

WHAT  
YOU  
CAN  
DO!

# IMPACT OF COVID-19



**33%**

increased rates of loneliness  
due to social isolation  
(Son et al, 2020)

**63%**

of college students reported  
finding it more challenging to  
stay connected to others  
(Active Minds, 2020)

**80%**

of college students reported that  
COVID-19 negatively impacted  
their mental health  
(Active Minds, 2020)