

# SOCIAL ISOLATION

**WARNING:** This bulletin board contains information about suicide.



# WHAT IS SOCIAL ISOLATION?

Social isolation is a state in which an individual...

- lacks a sense of social belonging
- lacks engagement with others
- has a small number of strong social contacts
- lacks fulfilling and quality relationships



# RISK FACTORS

Less in-person connections

Conflict with family or friends

Losing a loved one

Living alone



Chronic mental or physical health conditions

Moving or changing homes

Language barriers

Mobility challenges

# WHAT DOES SOCIAL ISOLATION FEEL LIKE?

Aches and  
pains, headaches,  
illness, or  
worsening of  
medical  
conditions

Increased  
symptoms of  
depression,  
anxiety, paranoia,  
or panic attacks

Difficulty  
sleeping, waking  
up during the  
night, or  
sleeping too  
much

Increased use  
of alcohol,  
tobacco,  
medications, or  
other drugs

Loss of appetite,  
sudden weight  
gain or loss

Feelings of  
worthlessness,  
hopelessness, or  
thoughts of  
suicide

# ACADEMIC EFFECTS OF SOCIAL ISOLATION

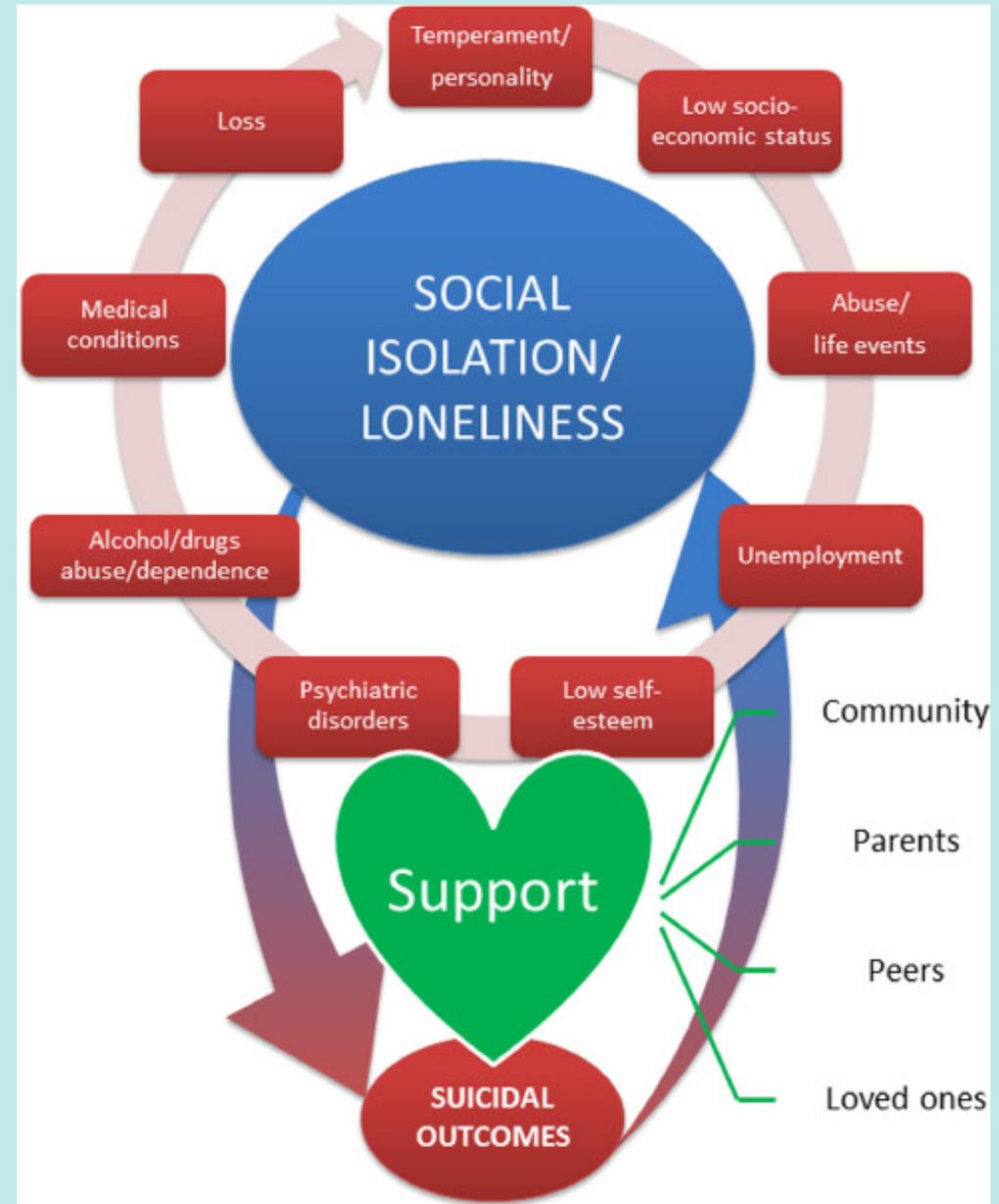
- Less engaged in class
- Perform worse on exams and work
- Low attendance
- Feel less motivated
- Feel less satisfied with school



# SOCIAL ISOLATION AND SUICIDE

There are many risk factors for social isolation and loneliness.

However, there are a variety of protective factors, such as social support, that may reduce the risk of suicide.



# SOCIAL ISOLATION AND COVID-19

Social isolation is currently exacerbated because of less in-person connections due to COVID-19 health guidelines.

We may feel that we are in a state of constant alert due to COVID-19.

Increased, chronic alert states may result in high blood pressure, stress, and inflammation.

A surge in mental health concerns, substance abuse, poor sleep, elevated suicidal ideation, and emotional eating have been observed in recent months.

Recent studies have found that loneliness increased by 20-30% and emotional distress tripled within the first month of the pandemic.

# WAYS TO INCREASE SOCIAL SUPPORT NETWORKS

Join virtual fitness classes and challenges, such as Mindbodyspirit at the Rec Center

Check-in with others by sending a text

Attend a virtual OIIL talk or other events and programs

Spend time with the SWA dogs either in-person or virtually via the OHP Facebook/ Instagram

Connect with a campus peer leader, such as a SWA, GSCA, RA, etc.

Plan a virtual hangout with friends or floormates

Contact the CCCE to learn more about virtual community engagement opportunities

Explore a club or organization that you are passionate about

# REMINDERS WHEN DISCUSSING SOCIAL SUPPORT

1. Check-in with others frequently
2. Practice active listening
3. Ask what you can do to help
4. Don't judge
5. Be open and honest when talking about the emotions you're feeling and what might help you feel more connected
6. Try multiple ways of connecting if one way isn't successful
7. Use mental health resources or encourage others to use these resources to find support



# RESOURCES

## NON-CRISIS

Dean of Students Office: dosoffice@carleton.edu

Office of the Chaplain: cfureslo@carleton.edu

Student Health and Counseling: shac@carleton.edu

Residential Life: reslife@carleton.edu

Disability Services: disability@carleton.edu

Gender and Sexuality Center: gsc@carleton.edu

Office of Health Promotion: healthpromotion@carleton.edu

Office of Intercultural and International Life: oil@carleton.edu

TRIO Student Support Services: trio@carleton.edu



## CRISIS

### Carleton & Northfield

911

Carleton Security Services: 507-222-4444

Carleton 24/7/365 Counseling Line: 855-705-2479

Northfield Hospital: 507-646-1000

### Other

National Suicide Prevention Line: 1-800-273-8255

Crisis Text Line: Text "HOME" to 741741

The Trevor Project: 1-866-488-7386

Trans Peer Support Hotline: 1-877-565-8860

The Steve Fund: Text "STEVE" to 741741

# REFERENCES

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# Title slide or create your own title (Resource 1)

Resource 2

Resource 8

Resource 5

Resource 3

Resource 9

Resource 6

Resource 4

Resource 10

Resource 7

Resource 11

