

# Social Isolation and Mental Health

Photo retrieved from: [Progress in Mind, \(2021\)](#).

## Social Isolation:

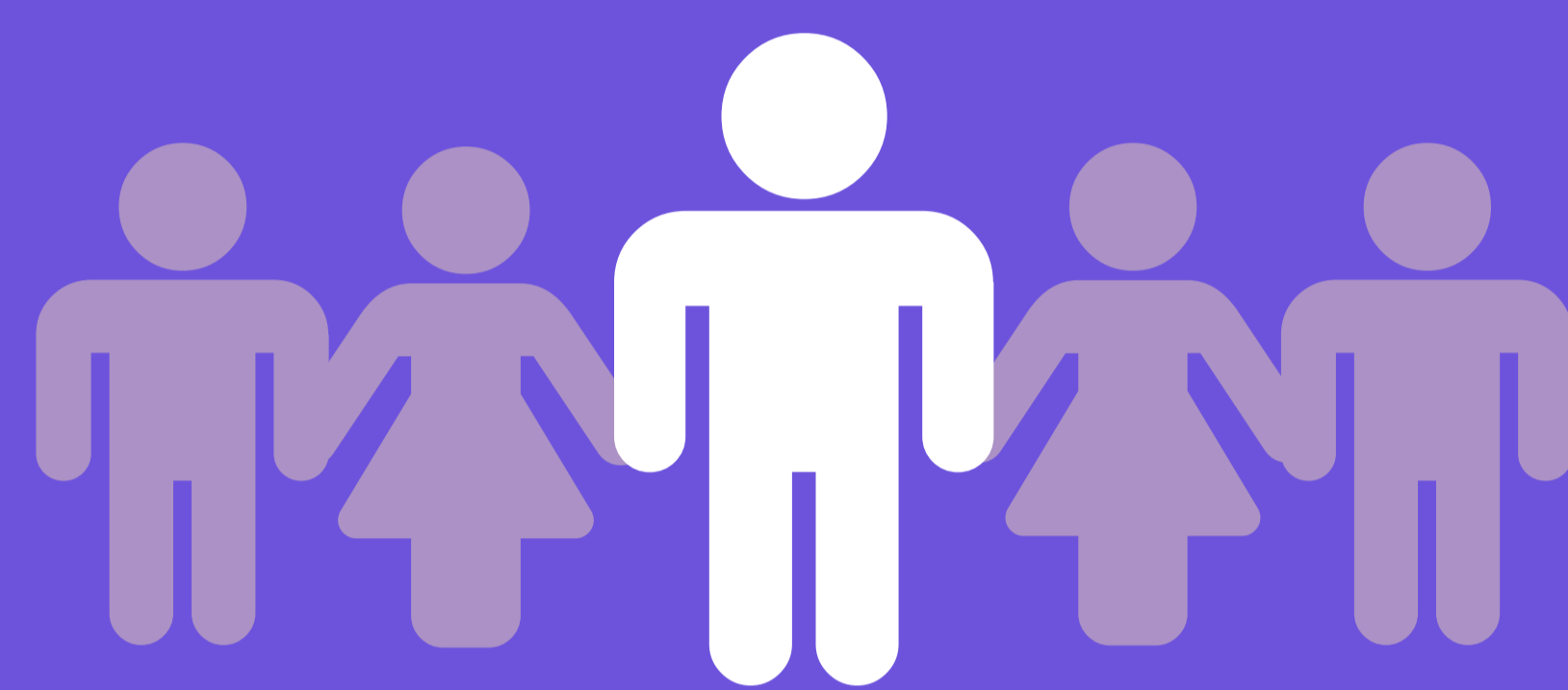
*Insufficient quality and quantity of social relations with other people*

Effects of Social Isolation include:

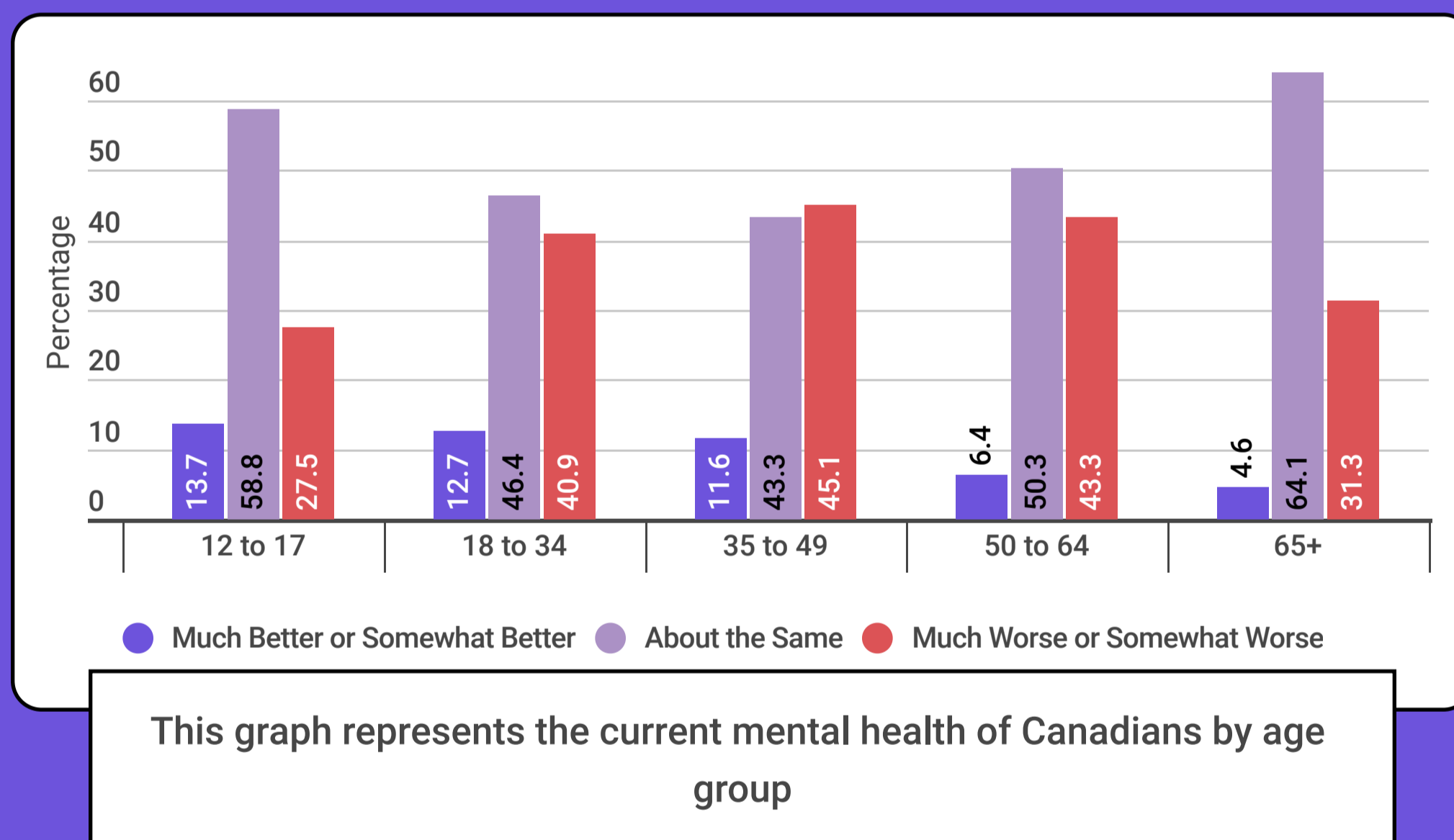
- Weakened immune systems ↓
- Risk of premature death ↑
- Risk of mental illness ↑
- Anxiety and depression rates ↑



Did you know 1 in 5 Canadians feel alone?



39.5% of Canadians reported a decline in mental health

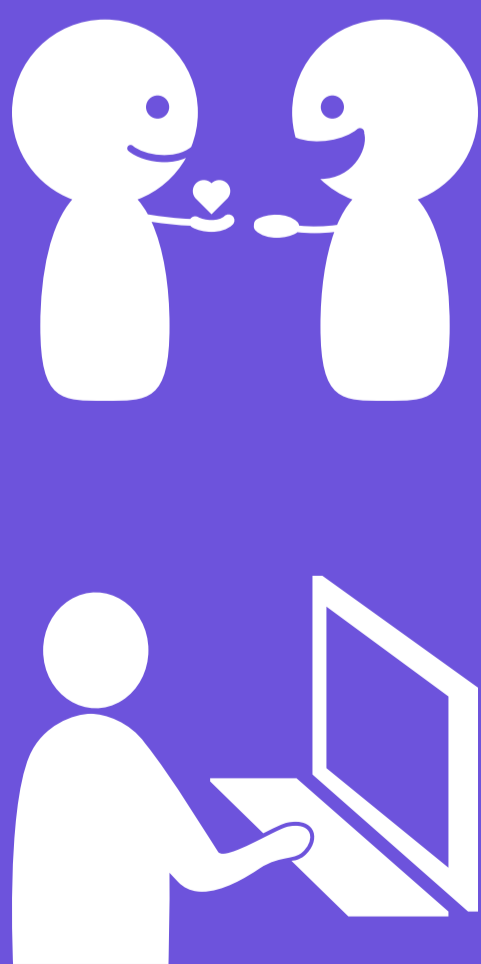


Who's at Risk?

- Elderly
- Marginalized Groups
- Indigenous
- Immigrants
- The Isolated

## Ways to prevent social isolation

Social connectedness



Maintain healthy habits



Do the things you love

