

# HELPFUL LINKS FOR COPING WITH SOCIAL ISOLATION/LONELINESS

- ❖ <https://www.endsocialisolation.org/covid19>
- ❖ <https://theconversation.com/social-distancing-can-make-you-lonely-heres-how-to-stay-connected-when-youre-in-lockdown-133693>
- ❖ <https://www.glamour.com/story/as-coronavirus-rages-on-how-to-safely-help-elderly-people>
- ❖ <https://www.washingtonpost.com/opinions/2020/03/17/combating-loneliness-an-age-self-quarantine/>
- ❖ <https://www.ncoa.org/blog/staying-connected-while-staying-home/>
- ❖ <https://www.campaigntoendloneliness.org/blog/coronavirus-and-social-isolation/>
- ❖ <https://www.nytimes.com/2020/03/18/nyregion/coronavirus-elderly-nyc.html?action=click&module=Top%20Stories&pgtype=Homepage>
- ❖ <https://www.thesun.co.uk/news/11196725/coronavirus-seniors-stress-loneliness-self-isolation-battle-plan/>