

Loneliness at Christmas

Finding Connection During the Holidays

- ✓ **Reach out:** a quick message or a call to a friend or family member can brighten both your days.
- ✓ **Get involved locally:** many communities host events or volunteer opportunities - consider joining in!
- ✓ **Embrace technology:** virtual gatherings and social media can provide connection if distance keeps you apart from loved ones.



Scan the QR code to learn more about support options during the holidays.



counselling
& advice helpline

 0800 328 1437

 employeeassistance.org.uk