



## *You are not alone.*

### **Feelings of loneliness and reduced social connection have been on the rise for years.**

This was already the case before the coronavirus pandemic. Now, in these changed times, we are being asked to isolate and distance ourselves from others. It's taking a toll on our mental health.

The phrase "social distancing" implies that we should be putting space between us *socially* – but we only need to be distancing ourselves *physically*. In other words, we *should* be social and participating in the community at large – just as long as it doesn't require physical proximity.

*Indeed, what people need most right now is social connection, because real connection is essential to our mental health. That's why for Mental Health Week (May 4 – 10) CMHA Kelowna is asking you to join us in #CreatingConnection*

At CMHA Kelowna, making sure people feel connected and part of a community is the work we've always done. Like you, we've been adapting what we do and the way we do it so we can continue to be there for those who need it. [From our virtual session with Foundry Kelowna, to our Discovery College Webinars, and our meals program for the community's vulnerable population](#) - you have seen how we are finding innovative ways to continue our work so others can stay connected to support.

**Now, we want to see how you are creatively adapting and #CreatingConnection despite being physically apart.**

How are you connecting with family, who now feels so much further away? What about your friends, how are you finding ways to laugh and share memories together? In the workplace - how is your team connecting amidst the stress of essential service or the reality of working remotely?

### **How to take part**

It's easy! Next time you are #CreatingConnection snap a picture and post it on social media. Be sure to use the #CreatingConnection hashtag and mention CMHA Kelowna (tags below). We'll share it through our networks during Mental Health Week – and whenever you send them to us anytime in the year.

### **#CreatingConnection helps us all**

By taking part, you are helping to build connection with those closest to you and the community as a whole. Your images will inspire others to take action. Maybe you'll find some new ideas you can use yourself. And the good news is it doesn't have to stop. In fact, it shouldn't. We can all work together to continue to find new ways for #CreatingConnection year round. So join us in #CreatingConnection – for you, for all of us. **For our mental health.**

**Let's make #CreatingConnection more than a week long campaign - let's make it a way of life.**



**Remember to tag CMHA Kelowna and we'll share your post**

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<b>Instagram</b>	@cmhakelowna
<b>Linked In</b>	@CMHA Kelowna
<b>Twitter</b>	@cmhakelowna