



How to stay socially connected while we're physically distanced



Center for Evidence-Based Youth Mental Health
Psychological Services Clinic
Turning Evidence-Based Practice into Everyday Practice



Missouri Prevention
Science Institute
University of Missouri

MO Crisis Line

If you're in crisis, reach out for help. Call the [Missouri Crisis Line](#) 24/7 at 1-888-761-4357 or text HAND to 839863

Ask for help

Click [HERE](#) for a list of Boone county mental health & social service providers at this time

Acknowledgements

This resource was made possible by the following:

Icons provided by [SlidesCarnival](#)



Top Tips for Social Connections:

During these times, it is hard not being physically near others. Here are a few ideas to help you stay connected from afar:



Use online video chat platforms

- such as [Zoom](#), [Google Hangouts](#), [FaceTime](#), or other platforms to connect with friends and family
- Set up a time for an ongoing weekly chat with a friend
- If you're looking for ways to make your video calls more fun, try hosting these ideas for virtual gatherings:
 1. Costume party: encourage dress-up
 2. Game night using game apps such as [Jackbox](#), [House Party](#), or an old-fashioned deck of cards
 3. Book club discussion
 4. Movie night and group chat using [Netflix Party](#)
 5. Fancy dinner party: try cooking a new recipe



Use "old-fashioned" communications

- Not everyone has access to technology, so keep sending phone calls & text messages, or reach out to help teach someone else how to do a video chat
- Try mailing a letter to a loved one or friend or making a card or artwork to send



Stay connected to your neighbors

- [Nextdoor](#) lets you join a social network of your surrounding neighbors to stay in the loop
- If you're able to, get outdoors for daily physical exercise (wear a mask if you can & stay at least 6' away) – seeing neighbors from afar & even waving to random strangers can help us feel more connected
- Reach out to your older neighbors or neighbors who can't leave their homes to let them know you're here



Seek out ways to volunteer or give back from home

- Check out [HERE](#) for local volunteer opportunities



Join online workout communities

- [Yoga with Adriene](#) on YouTube has a virtual community of millions of followers with free at-home yoga for all levels
- Check out local gym websites for virtual workout groups or accountability buddies