



Make the Connection with Your Community

Community can be defined in many ways, but when simplified down to its most important element, community is all about connection. Community is not just an entity or a group of people, it's a feeling. It's feeling connected to others, feeling accepted for who you are and feeling supported. Having connection can help us feel wanted and loved. The National Alliance on Mental Illness (NAMI) says community is critical for us to thrive, especially for someone with mental illness who is already experiencing the common symptoms of loneliness and isolation.

Humans crave connection. Feeling accepted for who you truly are can give you validation and self-worth. Knowing there are people who support you and will be there for you when you're struggling provides a sense of safety. And knowing you're needed, that you have a purpose, reminds you that you are valued. Community provides all these qualities and more.

Being connected to your family, friends, co-workers and community promotes your health and well being. If you want to learn more about building connections, reach out to your EAP. We have counselors available to assist you 24 hours a day 7 days a week. Give us a call at 800-327-4968 (800-EAP-4YOU), TTY:1-877-493-7341 or visit EAP4YOU.com to learn more.