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Lonely? One small step can make a big difference

Feeling lonely or cut off from others? You're not alone. Many adults feel the same way—especially during life changes, after a move, or when work and family get busy. But loneliness isn't just a feeling—it can affect your health. Studies show it can increase your risk of heart problems, sleep issues, anxiety, and even depression.

The good news? Even one small step can help. Joining a local group or activity (even just once a week) can boost your mood, reduce stress, and improve your thinking and memory. You don't have to be outgoing or talk a lot. Just being around others can make a real difference over time.

You might try a walking club, a community art class, a local book group, or even volunteering. Many of these are free or low-cost. Every community has something to offer.



If you're struggling to find activities to connect with other people, **call 211 or visit 211.ca**. This free service helps connect people to local programs and activities near them.