



How to stay socially connected while we're physically distanced

 Missouri Prevention
Science Institute
University of Missouri

 National Center for
Rural School Mental Health

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](#)



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

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