



SOCIAL CONNECTIONS

Good **SOCIAL CONNECTIONS** improve your experiences, your mental health and wellbeing, and give you the tools to manage difficult situations.

Having a group of close family and friends means you feel supported, understood, and have people to talk to when you need it most.

WHAT CAN I DO?

- ☑ Take the time to call and catch up with family and friends.
- ☑ Consider volunteering.
- ☑ Join a local community group, sports club or any other group that interests you.

"It is important to surround yourself with people that support and care about you. It's better to have fewer friends you know you can count on than lots who you doubt." Sarah, 22

"Friends are really important to me at school. If I am worried, I go to my friends first." Erica, 12



Online connections are important, but real-life relationships can be more meaningful.

3 KINDS OF SOCIAL CONNECTIONS:

INTIMATE

Family and friends



RELATIONAL

Work and school



COLLECTIVE

Public gatherings

