

Mental Health Awareness Month

Loneliness is the new smoking.

Widespread loneliness in the U.S. poses health risks that have proven to be as **dangerous as smoking cigarettes every day**. Daily Isolation can also lead to increases in depression, anxiety and negatively impact a person's mental health. Bellin Health is here to help and wants you to know that you are NOT ALONE, and we have resources available to help manage both physical and mental health conditions.



Contact **Linda G.** at wellnessconsultant@bellin.org or **920.436.8668** for more resources.

For 24/7 health system access go to bellin.org/contact or call **800.528.7883**.



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