GAMER'S GUIDE TO BATTLE LONELINESS:

Overcoming loneliness isn't easy, but it's possible! If you're wondering what to do when you feel lonely and isolated, we've got you. Text **HUMBLE** to **741741** if you need to talk with someone. Try out some of the tips below to find help for loneliness.

☐ **Reach out to friends and family:** There are so many ways you can connect with the people who mean the most to you. Try sending a text message to the special people in your life to let them know they're on your mind. Here's a start: "Hey, I haven't heard from you lately. You good?"

☐ **Find your people:** Finding a community connection can be pivotal for mental wellness. Try a new workout class, start a trivia group or game night with friends. Search Meetup.com or seek Discord servers to find other people who share the same interests in your area.

☐ **Get out there and say "hey":** Start interacting with the people you see in your daily life. Maybe the barista at your local coffee shop or the crossing guard who keeps you safe on your way to school or work. Studies show that being kind towards others can actually make you happier.

☐ **Get a pet:** If your lifestyle permits, getting a pet is an excellent way to help with loneliness. Spending time with your pet and meeting other people can be a loneliness-combatting level up. You can also volunteer at your local pet shelter as a way to maximize your time with animals and give back to the community.

Need support? Text **HUMBLE** to **741741** to reach a live volunteer Crisis Counselor.