

MENTAL HEALTH AND SOCIAL ISOLATION

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WHAT RESEARCH TELLS US

- According to the CDC loneliness is associated with higher rates of:
 - Depression, anxiety, and suicide¹
- One study found that depressive symptoms are higher in people who feel lonely or isolated even when adjusted for socio-demographic variables²
- 1 in 5 people will say they often feel lonely
 - 1 in 3 when talking about the elderly population
- “People who are socially isolated are more likely to die prematurely, regardless of underlying health issues”³
- Over 70% of adults 55 and older reported feelings of loneliness on the hope.connectsyou.org Mental Health Screener

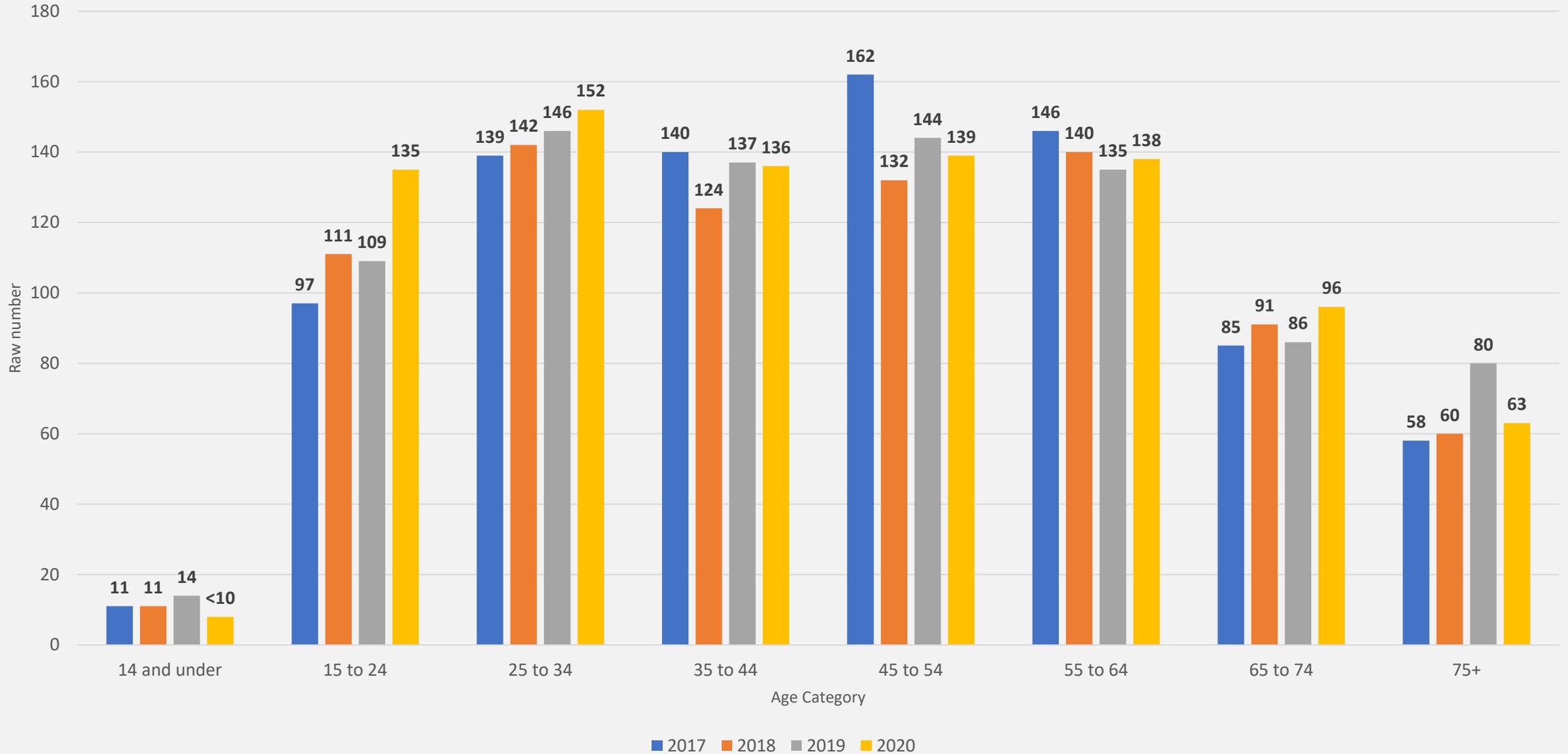
POPULATIONS AT RISK

- Older adults tend to be at risk for isolation because of the following:
 - retirement
 - widowhood
 - children leaving home
 - age-related health problems⁴
- People with disabilities or health concerns that limit their physical activity⁴

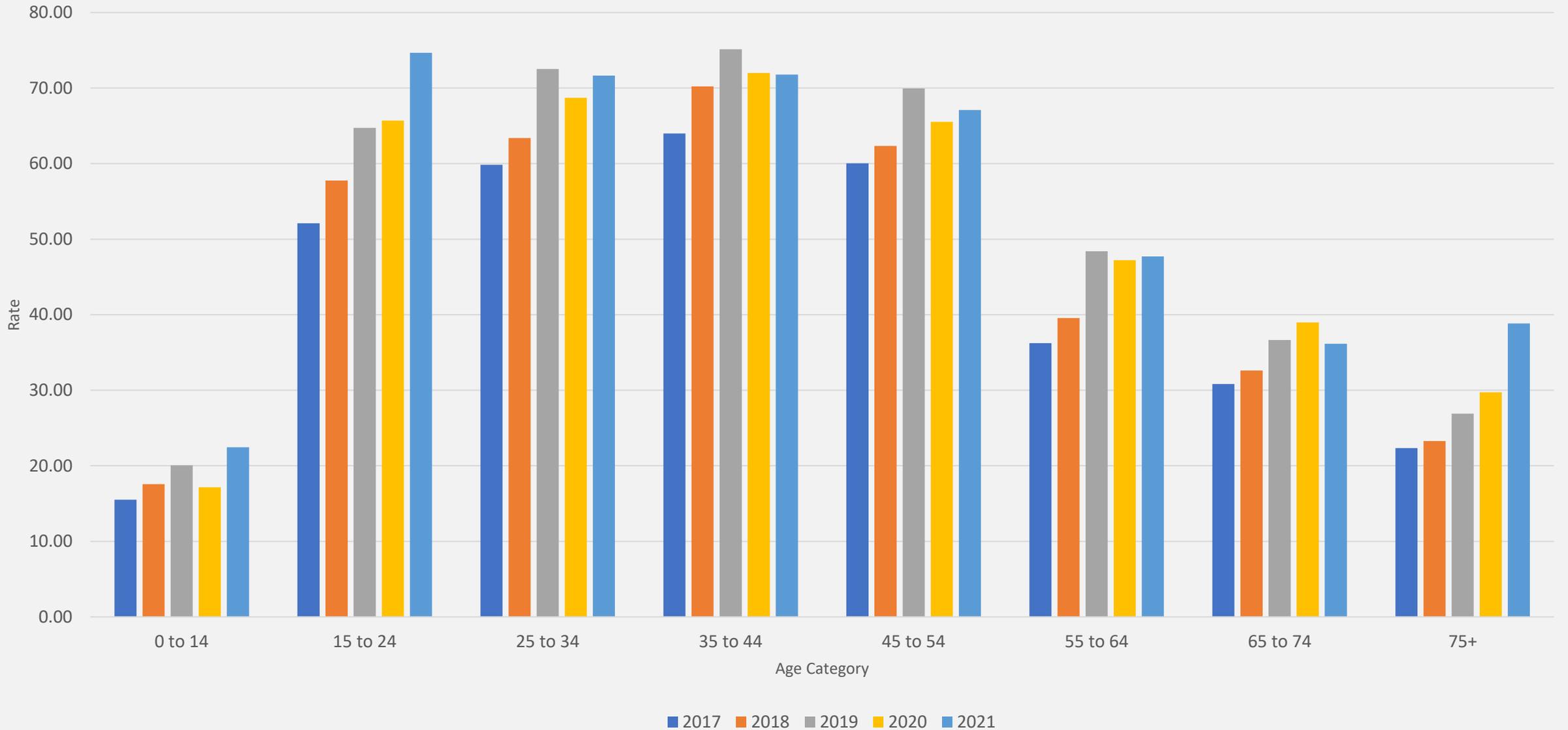
WHAT CAN HELP?

- Re-socializing can reverse some of the effects of isolation when it comes to feelings of depression
- Make socializing a priority
- Engage the community
- Move/exercise
- Ask for help³

Suicide Death Raw Numbers 2017-2020



Mental Health Trauma 2017-2021



RESOURCES

1. [Loneliness and Social Isolation Linked to Serious Health Conditions \(cdc.gov\)](#)
2. MITH, K., & VICTOR, C. (2019). Typologies of loneliness, living alone and social isolation, and their associations with physical and mental health. *Ageing and Society*, 39(8), 1709-1730.
doi:10.1017/S0144686X18000132
3. [Social isolation and your mental health | Livi UK](#)
4. [Isolation and mental health: Signs, impact, and how to cope \(medicalnewstoday.com\)](#)
5. Childers, CD & Harrington, JD. SC Suicide Data 2022 Annual Report. (November 2022). SCDMH Office of Suicide Prevention, Zero Suicide Initiative.