



Community Health Education Report

We continue to work on addressing our goals established in discussing mental health issues for our community health education platform for the year. We are working on our goal of the importance of connection and community for our mental health.

Connection and community are vital for mental health, providing a sense of belonging, purpose, and support that protects against depression and anxiety. Building social connections through shared activities, regular communication, and community engagement strengthens resilience and combats feelings of loneliness, which have been linked to serious physical and mental health problems.



Donna Nelson

How connection and community benefit mental health:

- **Provides a sense of belonging:** Community gives individuals a feeling of being valued and understood, which is essential for mental well-being.
- **Reduces social isolation:** Strong social networks protect against loneliness, which is a significant risk factor for mental health issues like depression and anxiety.
- **Offers emotional support:** Communities provide a safety net where people can share experiences and receive emotional support, especially during difficult times.
- **Improves resilience:** Feeling connected helps individuals and communities to better cope with and recover from challenges.
- **Enhances overall health:** Research shows that people with strong social connections tend to live longer, healthier lives, and loneliness can be as harmful to health as smoking 15 cigarettes a day.

Ways to build connection and community:

- **Join groups and clubs:** Participate in activities that align with your interests, such as hobby clubs, sports teams, or volunteer groups, to meet new people with shared interests.
- **Engage with your local community:** Attend local events, workshops, or support programs, which can be found through mental health centers or community service organizations.
- **Prioritize communication:** Make a conscious effort to reach out to friends and family through phone calls, video chats, or in-person visits to stay connected.
- **Volunteer:** Giving back to a cause you care about can be a rewarding way to connect with others and feel a sense of purpose.
- **Utilize online resources:** Join online forums or social media groups focused on mental well-being for quick support, but also be mindful of balancing online and in-person interactions.

Be well -

[Donna Nelson](#), Community Health Education Chair