

Staying Connected

Resources and ideas to stay connected.

Free support lines

24/7 Institute on Aging's Friendship Line for people 60+ experiencing mental health challenges or loneliness	800-971-0016
24/7 National Suicide Prevention Lifeline for people in emotional distress or suicidal crisis who need support	800-273-8255
24/7 COVID-19 help line and resource center with support and guidance for Cigna customers, providers and the general public	855-287-8400



Resources are available to help you stay connected and active

Try some of these ideas:

- ▶ Download mindfulness and wellbeing apps
- ▶ Watch videos or live animal cams at zoos or aquariums
- ▶ Use video chat to get together with friends and family to talk, have a virtual meal or play games
- ▶ See if your favorite musicians are doing live streaming concerts on social media
- ▶ Download at-home workout apps or search for videos/virtual classes
- ▶ Join a virtual book club
- ▶ Take virtual tours of national parks and museums
- ▶ Take an online class
- ▶ Search for virtual volunteering opportunities

