



We all experience stress sometimes.

Research shows that individuals with chronic loneliness have higher rates of depression, anxiety, and suicide. If we notice signs of social isolation and/or chronic loneliness in ourselves, a family member, or a friend, there are different ways to receive help.

More than 25% of older people are considered socially isolated and signs include:



A sense of deep boredom, a lack of interest, and withdrawal



Decreased interest in maintaining personal hygiene



Poor diet, lacking nutritious foods, changes in appetite



Cluttered or unclean home in need of repair and maintenance

If someone experiences a stressful event and is socially isolated, they may not have the necessary support, making it even more challenging to cope. In addition, if someone in distress has a firearm in their home, the risk for injury and death rises significantly. There are several ways to provide support for us experiencing this OR to seek help.

Ways to Help and Resources

FIRST, DETERMINE IF THE PATIENT IS THE HIGH RISK.

OPTION #1

Ensure safe storage devices for the firearm(s). Examples of safe storage include cable locks, trigger locks, gun safes, and lockboxes.



OPTION #2

Make sure firearm(s) are temporarily stored at another location during the coping process after a stressful event.



REFER PATIENT TO RESOURCES

SPRINGFIELD CRISIS RESOURCES

- Burrell Center Crisis Line: 1-800-494-7355
- Text Crisis Line: 741-741
- NAMI SW Missouri Warm Line: 1-877-535-4357

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