

FEBRUARY 2023



## Recognizing Loneliness

### Build better connections

Many people will feel lonely at some points in their lives. Everyone's experience of loneliness may be unique, but we can help you learn ways to overcome the feeling.

### LET US HELP

PHONE: 505-254-3555/866-254-3555

WEBSITE: [www.solutionsbiz.com](http://www.solutionsbiz.com)

24/7 Crisis Support | Free | Confidential



YOUR EMPLOYEE ASSISTANCE PROGRAM