

Social Bridging NC is a web-based resource hub offering free virtual events and resources for older adults in North Carolina to help combat social isolation and loneliness.



Social Bridging NC:

- Serves as a centralized statewide hub of organizations committed to fostering social connection.
- Encourages engagement and interaction through participation in virtual events.
- Informs individuals and caregivers about risks for and effects of social isolation and loneliness on health.
- Assesses social isolation and loneliness through validated online screenings.



SCAN TO VISIT  
WEBSITE

[WWW.SOCIALBRIDGINGNC.ORG](http://WWW.SOCIALBRIDGINGNC.ORG)



Calls, Conversations,  
Connectedness

The Social Bridging NC Toolkit



SCAN TO VIEW  
TOOLKIT

## The Social Bridging NC Toolkit: Promoting Social Connectedness and Expanding Awareness about Social Isolation and Loneliness

This toolkit was developed to raise awareness about how social isolation and loneliness can affect us, share evidence-based practices for improving social engagement and connectedness, and provide resources to help others create phone-based reassurance or wellness/social call programs.

Resources include:

- Validated/standardized self-assessment tools
- Data-focused graphics (on prevalence, trend, impact (physical and mental health, academic performance, work productivity), financial costs, and benefits individuals and communities with greater social connectedness can experience) and educational and instructional materials for staff and participants
- Recommendations from Americans of all ages experiencing loneliness