

# Look after YOU Connect with others

When we are stressed, tired, and focused on daily challenges, it's easy to lose touch with friends and family. Try to maintain regular contact with loved ones, join like-minded communities, or reconnect with friends.

Staying social can help you feel less alone and maintain important relationships in your life.

Learn ways to look after you at [thinkmentalhealthwa.com.au](https://thinkmentalhealthwa.com.au)

