

## **My Loneliness Survival Cheat-Sheet**

### **Activities I can do when I feel lonely:**

Ex: Take a walk, listen to music, read a book

### **People I can contact:**

Ex: Friend, relative, neighbor

### **Ways I express my struggle:**

Ex: Writing, singing, calling someone, support group

### **Positive Affirmations:**

- Even though I feel lonely, I know I will survive.
- Even though I feel alone, I know there is someone to connect with.
- This NOW may be uncomfortable, but it is always unfolding into the next moment.

### **Phone Line Support:**

Silent Unity Prayer Line (24/7) : 1-800-669-7729

San Diego Warm Line: 619-295-1055

Open 3:30 PM to 11:00 PM 7 days a week

San Diego Access and Crisis Line: 1-888-724-7240

National Suicide Prevention Lifeline: 1-800-273-8255