

Bridging the Distance: Promoting Connection for 55+ Feeling Alone

FOR IMMEDIATE RELEASE

Southeast Saskatchewan – In times of COVID-19 social distancing, regular human connection has become more difficult for everyone, especially for the aging population or those who have significant health risks to consider. Envision Counselling and Support Centre wants to help bridge the distance between people through expanded services to provide more interaction for those who need it.

Bridging the Distance, a program that was piloted in Estevan, has increased its delivery area to include Weyburn and rural areas within the service area of Envision Counselling. This program specifically offers support and connection for individuals 55+ experiencing isolation in Southeast Saskatchewan. If a family member or individual would like counselling, or just to talk, they can call the office to connect with a counsellor. To limit challenges, this program can be accessed from the comfort of your own home via telephone or video chat.

“When people don’t have enough social connection, we have seen decreases in overall well-being as well as greater susceptibility to anxiety and depression,” says Christa Daku, Executive Director of Envision Counselling and Support Centre. “With Fall arriving, we recognize that there is a greater chance for isolation as the pandemic continues and anxiety around the future grows.”

Common issues such as stress and mental health struggles are often intensified in silence and isolation. Such issues have been exaggerated by COVID-19 which has increased disconnection and barriers for those seeking support for these and similar issues.

“This initiative will provide additional counselling support and connection to this vulnerable population, who are experiencing reduced quality of life during this crisis,” says Daku. “We want to help those struggling with stress, loneliness, mental health or other issues.”

Bridging the Distance is an addition to regular programming at Envision Counselling and was made possible thanks to Federal Emergency Funding, and to United Ways in Regina and Estevan. Changes from the piloted program consist of intensifying communications to include newspaper and radio advertisements throughout the Southeast to promote this program to as many people as possible throughout fall and winter. “We are seeking to connect with all individuals, 55+, who may be living alone or have no one else to talk to or to support them during this intense time of uncertainty.” Says Daku.

Envision Counselling and Support Centre has been supporting Southeast Saskatchewan for over 25 years by providing innovative programming and diverse counselling and support services to individuals, couples and families. Individuals looking for more information can find it on Envision Counselling’s website at www.envisioncounsellingcentre.com.

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For more information, or interview requests, please contact:

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ARE YOU
FEELING...

BUT

WOULD LIKE
TO FEEL...



LONELY

SAD

ISOLATED

AFRAID

CONNECTED

JOY

HEARD

UPLIFTED

WE CAN HELP

Bridging the Distance is a FREE and CONFIDENTIAL telephone program for those 55+ and their families looking to talk to someone from the comfort of their own home.

Envision Counselling and Support Centre is here for you.

**Call us to chat or learn more
at 306-637-4004 or 306-842-8821.**

www.envisioncounsellingcentre.com

FREE



United Way
Estevan



United Way
Regina



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