



Overcoming Loneliness

Adult Books

Almost Everything: Notes on hope

Lamott, Anne
170.44 LAMOTT

Emotional First Aid: Practical strategies for treating failure, rejection, guilt, and other everyday psychological injuries

Winch, Guy
158.1 WINCH

Good Morning, I Love You: Mindfulness + self-compassion practices to rewire your brain for calm, clarity + joy

Shapiro, Shauna L
158.3 SHAPIRO

I Really Needed This Today: Words to live by

Kotb, Hoda & Lorenzini, Jane
170.44 KOTB

If You Feel Too Much: Thoughts on things found and lost and hoped for

Tworowski, Jamie
BIO 170.44 TWOROWSKI

It's Okay Not to Be Okay: Moving forward one day at a time

Walsh, Sheila
248.843 WALSH

Stuff that Sucks: A teen's guide to accepting what you can't change and committing to what you can

Sedley, Ben
YA 155.519 SEDLEY

The Infinite View: A guidebook for life on earth

Tadd, Ellen
BIO 131 TADD

The Urban Monk: Eastern wisdom and modern hacks to stop time and find success, happiness, and peace

Shojai, Pedram
158.1 SHOJAI

Together: The healing power of human connection in a sometimes lonely world

Murthy, Vivek Hallegere
158.2 MURTHY

Uninvited: Living loved when you feel less than, left out, and lonely

TerKeurst, Lysa
248.86 TERKEURST

Together: The Healing Power of Human Connection in a Sometimes Lonely World

Murthy, Vivek Hallegere
158.2 MURTHY

Never Be Lonely Again: The Way Out of Emptiness, Isolation, and A Life Unfulfilled

Love, Patricia and Carlson, Jon
Via SHARE

You Belong: A Call for Connection

Selassie, Sebene
Via SHARE

The Loneliness Cure: Six Strategies for Finding Real Connections in Your Life

Floyd, Kory
Via SHARE

Lonely: A Memoir

White, Emily
Via SHARE

Overcoming Loneliness in Everyday Life

Olds, Jacqueline, Schwartz, Richard (Richard S.) Webster, Harriet
Via SHARE

Belonging: A Guide to Overcoming Loneliness

Brassell, William R. Tilley, Leslie
Via SHARE

Coping with Loneliness

Gelinas, Paul J.
Via SHARE

Stop Being Lonely: Three Simple Steps to Developing Close Friendships and Deep Relationships

Asatryan, Kira
Via SHARE

The Great Belonging: How Loneliness Leads Us to Each Other

Donlon, Charlotte and Winner, Lauren F.
Via SHARE

Facing Loneliness: The Starting Point of A New Journey

Sanders, J. Oswald
Via SHARE

Juvenile Books

When I'm Feeling Lonely

Moroney, Tracey

JUV lit
Via SHARE

Ivy and the Lonely Raincloud

Harnett, Katie
JUV Fic
Via SHARE

La La La: A Story of Hope

DiCamillo, Kate
JUV Picture Book
JUV P STORIES DICAMILLO

Staying Connected While Social Distancing

Hansen, Grace
JUV Non-fic
Via SHARE

When Your Friend is Lonely

Morey, Allan
JUV Non-fic
Via SHARE

Why Do We Cry?

Pintadera, Fra
JUV P All About Me

Stay, Little Seed

Valentini, Cristiana
JUV P All About Me

The Power of One

Ludwig, Trudy
JUV P All About Me

Wolf Cub's Song

Bruchac, Joseph
JUV P Animal Friends

Online Resources

<https://projectrecoverywi.org/>

A Wisconsin-based resource for emotional support from trained counselors.

<https://www.preventsuicidewi.org/country-crisis-lines>

Another Wisconsin-based resource that facilitated counselling for suicide prevention.

<https://wiaimh.org/you-are-not-alone>

Website for the Wisconsin Alliance for Infant Mental Health.

<https://www.dhs.wisconsin.gov/covid-19/help.htm>

The Wisconsin Department of Health Resources' webpage on various resources for Wisconsinites affected in various ways by the Covid-19 pandemic.

<https://www.co.rock.wi.us/adrc>

The website for the Rock County Aging & Disability Resource Center.

Other Resources

Wisconsin Peer-Run Respite

Speak with someone who knows what you are going through.

Iris Place: 920-815-3217

Monarch House: 715-505-5641

Solstice House: 608-244-5077

Wisconsin Peer-Run Recovery Centers

Speak with someone who knows what you are going through.

Cornucopia: 608-249-7477

Friendship Connection: 608-339-6810

The Gathering Place: 920-430-9187

RAVE Recovery Avenue: 608-785-9615

The Wellness Shack: 715-855-7705

Cope Hotline

Support for people in emotional distress.

262-377-2673

Milwaukee Warmline

Support for people living with a mental health concern.

414-777-4729

NAMI Helpline

Get support for mental health concerns.

800-950-NAMI (6264)

National Suicide Prevention Lifeline

Speak with a counselor.

800-273-8255

Schizophrenia and Related Disorders Alliance of America

Support for people impacted by psychosis.

800-493-2094