

Thank You for Your Collaboration in 2023!

We are proud that this year we were able to release an Advisory on **Loneliness & Isolation** and continue our work on youth mental health through the release of our Advisory on **Youth Mental Health & Social Media** and **The Surgeon General's "We Are Made to Connect" Tour**.

We are grateful for your continued support and engagement and hope you'll take part in our **5-for-5 Connection Challenge this month!**

In the meantime, we wish you a happy holiday season and look forward to the work ahead in 2024.

Join the 5-for-5 Connection Challenge

5 Actions for 5 Days
December 4 – December 15, 2023

U.S. Surgeon General Dr. Vivek Murthy issued the "5-for-5 Connection Challenge" to help people strengthen the connections in their lives. Social connection is essential to our long-term survival, but today, our epidemic of loneliness is more widespread than many of the major health issues in the country. Social connection is a powerful way to improve our physical and mental health. Find out how you can participate below.

[Join the Challenge](#)



"We Are Made to Connect" Tour

Dr. Murthy traveled the country, stopping in 8 cities to meet with college and university students and inspire them to take the 5-for-5 Connection Challenge.



- **Duke University**
October 25
- **University of Texas at Austin**
November 8
- **Barclays Center/Social Justice Fund**
November 27
- **Camden County College**
November 28
- **University of Washington**
November 3
- **Arizona State University**
November 13
- **Drexel University**
November 28
- **Hampton University**
November 29

What We're Hearing About the 5-for-5 Connection Challenge

"The cool thing was that our relationship was suddenly more meaningful. I felt like we had moved beyond being just "school friends."

Tariq W. from Plano, TX
5-for-5 Connection
Challenge Participant

"Usually at the store I try not to have too much contact. I get in and out. This challenged me to be more outgoing. It helped me get out of my shell."

Anna C. from Winder, GA
5-for-5 Connection
Challenge Participant

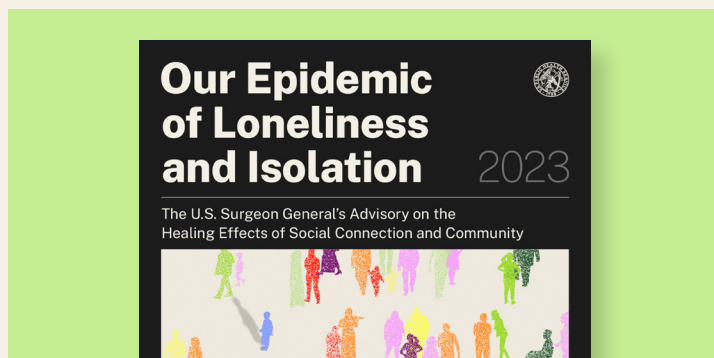
"I absolutely love the challenge. Just spreading the message that you care and that we're all here to support one another is incredible... I think this will be a good reminder to keep doing that."

Taylor R.
University of Washington

"Social connection is literally what makes humans, human. Very few of us can actually go about life alone. People help ground you, you need people. I need people."

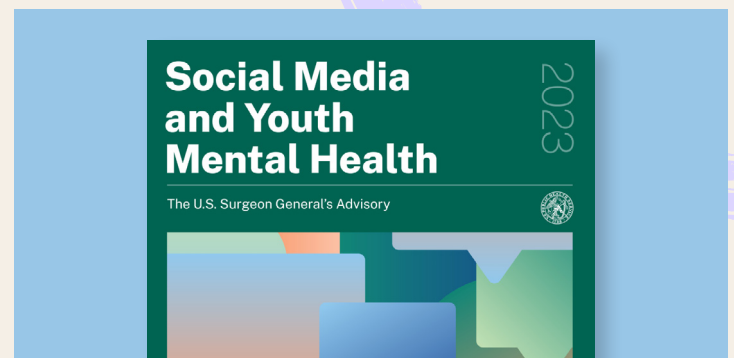
Steve M.,
Arizona State University

Check out the Surgeon General's Advisories from 2023



Our Epidemic of Loneliness and Isolation: The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community

[Read Advisory](#)



Social Media and Mental Health: The U.S. Surgeon General's Advisory

[Read Advisory](#)

Songs for Hope

A Concert Celebration of the 2023 Surgeon General's Medallion Awardees for Health

In September, the Surgeon General honored six recipients for their outstanding work supporting mental health and well-being in their communities. This special evening of joy, inspiration, and togetherness was held at The Kennedy Center and featured musical performances from extraordinary artists.

[Learn More](#)



[Watch on YouTube](#)

END OF YEAR NEWSLETTER

House Calls

House Calls with Dr. Vivek Murthy is the first podcast hosted by the nation's doctor. New episodes released every other Wednesday.



Spotify



Apple Podcast



YouTube



Episode Highlights

Take a listen to 3 of our favorite episodes with **Yo-Yo Ma**, **Dr. Lisa Damour**, and **Baratunde Thurston**. New episodes from the Made To Connect Tour coming out in early 2024.



[Listen Now](#)



[Listen Now](#)



[Listen Now](#)

Highlights from 2023

Watch

TODAY Show | [US Surgeon General talks youth mental health, loneliness, isolation](#)

TODAY Show | [Surgeon General warns of social media danger to mental health](#)

CNN | [U.S. Surgeon General: Social media presents “profound risk” for kids](#)

Good Morning America | [The impact isolation can have on health](#)

News Articles

The New York Times | [How to Feel Less Lonely, According to the Surgeon General](#)

The New York Times | [Surgeon General Warns That Social Media May Harm Children and Adolescents](#)

The New York Times | [The Surgeon General's Mission: Adolescent Mental Health](#)

The Washington Post | [What the surgeon general's advisory says about social media for kids](#)

The Associated Press | [8 tips for parents and teens on social media use — from the US surgeon general](#)

Fast Company | [From the U.S. Surgeon General: Anyone can be a healer](#)

NPR | [America has a loneliness epidemic. Here are 6 steps to address it](#)

HerCampus | [The U.S. Surgeon General Is Doing A College Tour That Aims To Combat Loneliness In Students](#)

Op-Eds

The New York Times | [Surgeon General: We Have Become a Lonely Nation. It's Time to Fix That.](#)

The Washington Post | [U.S. surgeon general: I am concerned about social media and youth mental health](#)

Journal Articles

The US Public Health Service Commissioned Corps Response During COVID-19: A Call for Appreciation; Public Health Reports Vol 138, Issue 2

Physical Activity: An Untapped Resource to Address Our Nation's Mental Health Crisis Among Children and Adolescents; Public Health Reports Vol 138, Issue 3

The Time Is Now for a Whole-Person Health Approach to Public Health; Public Health Reports Vol 138, Issue 4

Healthy Aging and Well-Being at Work: Opportunities for Action; AARP International, Aug 31, 2023



Office of the
U.S. Surgeon General

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