

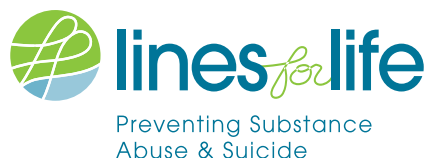


Nearly 1 in 5  
adults over  
the age of 50  
is at risk of  
social isolation.<sup>1</sup>

The Senior Loneliness Line is a partnership between Lines for Life and Clackamas County. Our team of volunteers and staff are specially trained in working with older adults.

Any aging adult who is experiencing loneliness, isolation, depression or anxiety can benefit from a confidential phone call with our Senior Loneliness specialists. Sometimes knowing there is someone who cares and wants to listen can be of great help.

*We are here for you.*



Preventing Substance  
Abuse & Suicide

Lines for Life is a regional nonprofit dedicated to preventing substance abuse and suicide. We offer help and hope to individuals and communities, and promote mental wellness for all. Our work addresses a spectrum of needs that include prevention, advocacy, and intervention. We educate, train, and advocate to prevent issues of substance abuse, mental illness, and thoughts of suicide from reaching crisis levels. But when a crisis arises or support is needed, we are available 24/7/365 to intervene with personalized help.

5100 SW Macadam Avenue, Suite 400  
Portland, Oregon 97239-3854  
503.244.5211 | [info@linesforlife.org](mailto:info@linesforlife.org)  
[www.linesforlife.org](http://www.linesforlife.org)

<sup>1</sup> AARP, Connect to Affect Campaign ; <sup>2</sup> Holt-Lundstad, PLoS 2010

**SeniorLonelinessLine**  
A SERVICE OF CLACKAMAS COUNTY +  **linesforlife**



We're here to  
**LISTEN &**  
*connect.*

**(503) 200-1633 | 800-282-7035**  
[facebook.com/SeniorLonelinessLine](https://facebook.com/SeniorLonelinessLine)  
[www.SeniorLonelinessLine.org](http://www.SeniorLonelinessLine.org)

By investing in our older adults, we ensure that they will thrive in our community.



## Social connections can help keep people healthy.

Nearly 1 in 5 adults over the age of 50 is at risk of social isolation, which may lead to loneliness. Loneliness can impact your immune system, increase inflammation, lead to diabetes, heart disease, stroke, arthritis and other serious health conditions—the impact on your health can be as significant as smoking 15 cigarettes a day.<sup>2</sup> It can also contribute to cognitive decline and the progression of Alzheimer's disease.

## How we can help

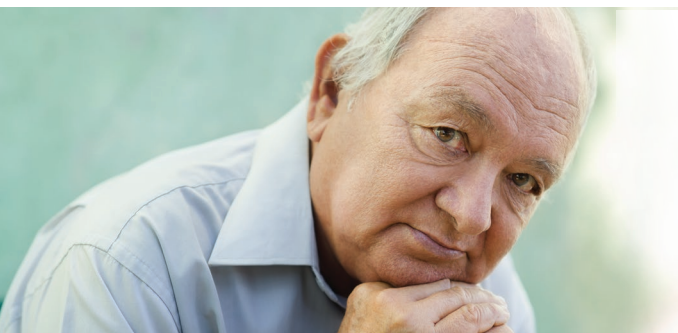
Our free call service is for adults older than 55 who live in Clackamas County. Our team of volunteers and staff are specially trained in working with older adults, and we can provide ongoing support, connect you with resources or just listen. **Your information is completely confidential.**

## Caring and connecting

Once you've reached out to us, you may feel like it would be helpful to have us check back in with you after the call. If so, we will. We'll check in and see how you are doing. We care about you and you are not alone.

## We provide:

- ✓ A friendly person to talk to when you need one
- ✓ Someone to listen
- ✓ Emotional support and understanding
- ✓ Resources and referrals
- ✓ Grief support
- ✓ Elder abuse prevention and counseling
- ✓ Suicide intervention



*We support seniors in our community who are feeling lonely and having difficulty connecting.*



If you or a loved one are experiencing loneliness or isolation, please call us at:

**(503) 200-1633 | 800-282-7035**

For more information visit: [facebook.com/SeniorLonelinessLine](https://facebook.com/SeniorLonelinessLine) | [www.SeniorLonelinessLine.org](http://www.SeniorLonelinessLine.org)