



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

Senior Loneliness Line is a statewide service provided in partnership between Lines for Life and Oregon Health Authority. Our team of trusted 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 Line call counselors. Sometimes, a friendly conversation with someone who cares and wants to listen can be just the kind of connection a caller needs.

Oregon  
**Health**  
Authority



Lines for Life is a regional nonprofit dedicated to preventing substance abuse and suicide and promoting mental wellness. We offer help and hope to individuals and communities by addressing a spectrum of needs that include prevention, advocacy, and intervention.

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

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

**SeniorLonelinessLine**

A STATEWIDE SERVICE OF  **linesforlife**



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

**503-200-1633 | 800-282-7035**  
**[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 statewide call service is for Oregonians older than 55. 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 support seniors in Oregon who are feeling lonely and having difficulty connecting.*

## 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



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: [www.SeniorLonelinessLine.org](http://www.SeniorLonelinessLine.org)