



# Senior Loneliness Line

*We're here to*

***LISTEN &  
connect***



**Connecting with people can keep you healthy.**

Nearly 1 in 5 adults over the age of 50 is at risk of social isolation, which may lead to loneliness. 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.

**(503) 200-1633 | 800-282-7035 | SeniorLonelinessLine.org**