



Preventing Substance Abuse & Suicide

FOR IMMEDIATE RELEASE

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LINES FOR LIFE SENIOR LONELINESS LINE EXPANDS TO STATEWIDE SERVICE

With support from Oregon Health Authority, Portland-based nonprofit Lines for Life has expanded the Senior Loneliness Line — now providing a statewide service for conversation, support, and resource referral to adults 55 and over. Launched in 2018 in partnership with Clackamas County, Senior Loneliness Line has already reached thousands of Oregonians.

Lines for Life is dedicated to preventing substance abuse and suicide and promoting mental wellness. Since 1993, the organization has operated 24-hour phone-based helplines around these topics and more. Their highly trained call counselors now answer over 100,000 crisis calls per year, with many lines serving the nation.

Older adults may have amplified feelings of isolation, loneliness, and anxiety at this time, with senior living communities limiting activities and visitation due to COVID-19 risk. Research shows that social connection can help keep people healthy, impacting physical wellness as well as mental health.

“Since the launch of the line in May of 2018, we have seen a consistent increase in callers, with more people reaching out to us each month. It’s clear that our Senior Loneliness Line is meeting an important need for Oregonians.” said Greg Borders, Chief Clinical Officer at Lines for Life. “We are thrilled to grow the line statewide and reach more older adults who are struggling and feeling isolated.”

Seniors who call are connected with staff and volunteers who are specially trained in working with older adults. Seeking support over the phone is an effective alternative which adheres to social distancing and shelter-in-place recommendations while in-person recovery groups, support groups, and social activities are cancelled.

Senior Loneliness Line provides friendly conversation, support, and resource referral to adults 55 and older at 503-200-1633 or toll-free at 800-282-7035.

National Suicide Prevention Lifeline provides support to anyone experiencing a mental health crisis or having thoughts of suicide at 800-273-8255.

Lines for Life is a 501c3 nonprofit that works preventing substance abuse and suicide and promoting mental wellness. The organization operates helplines 24/7/365 including YouthLine, Senior Loneliness Line, Alcohol & Drug Helpline, Military Helpline and many others, including answering calls from the National Suicide Prevention Lifeline and Veterans Crisis Line. We also work to end the opioid crisis.

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