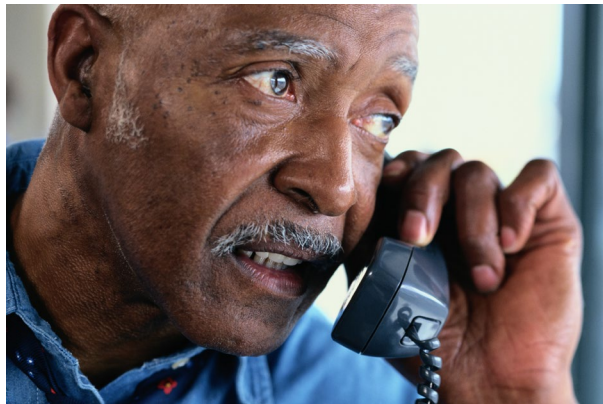


### Who can call the Friendship Line?

- Any person aged 60 years or older
- Adults living with a disability
- Caregivers of older adults and adults living with disabilities

*"Last year I lost my husband. I was more alone than I had ever been. It was Friendship Line that helped. They helped by listening as I grieved. I feel like I can trust them and speak candidly and confidentially. I will always be grateful for their consistent help"*

- Michael D, Friendship Line Caller



**Call us today!**

**1.800.971.0016**

### Help us reach even more people

Funding for the Friendship Line is provided by private donations as well as the generous support of the Central Oregon Health Council, Junior League of San Francisco, Metta Fund, San Francisco Department of Aging and Adult Services, San Mateo County Measure A, Santa Clara County Aging and Adult Services, SCAN, Smart Family Foundation, Stupski Foundation, and Long Foundation.

Tax deductible donations accepted online at [ioaging.org](http://ioaging.org) or mail checks to "Friendship Line":

**Institute on Aging**  
**c/o Friendship Line**  
**3575 Geary Boulevard**  
**San Francisco, CA 94118**

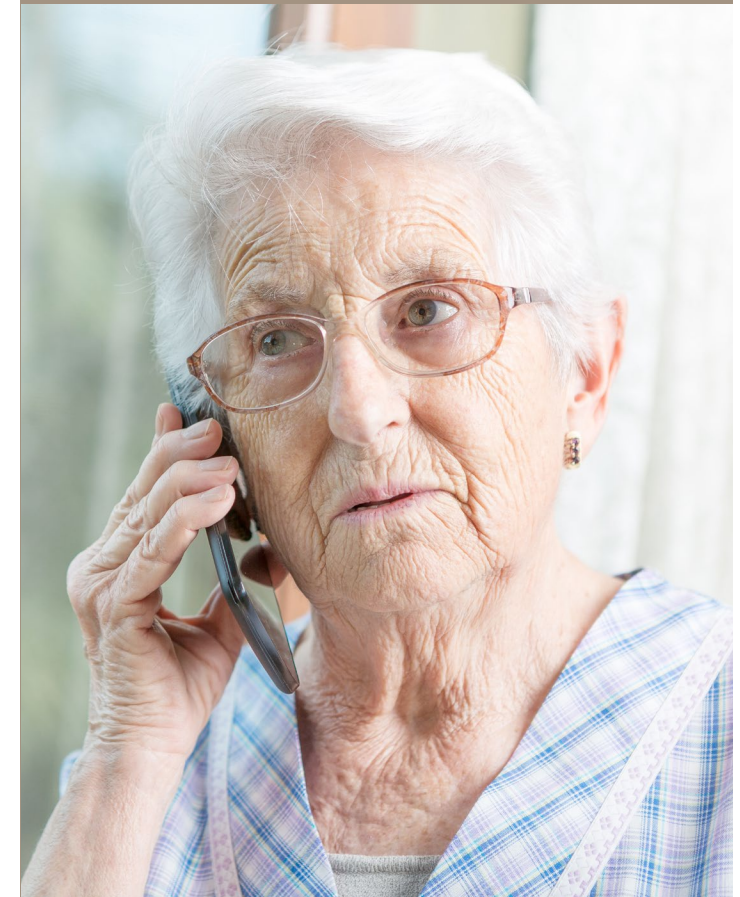
### More about Institute on Aging

Institute on Aging works to enhance the quality of life for adults as they age by enabling them to maintain their health, well-being, independence, and participation in the community.

We serve a diverse population of older adults and adults living with disabilities by providing innovative, community-based programs that enable our clients to live at home for as long as possible. We serve as an essential partner in the continuum of care by providing health services, social and emotional support, and education and advocacy.

# Friendship Line

24-Hour Toll Free Hotline/Warmline  
For Seniors



**1-800-971-0016**

*"I wouldn't say I'm depressed, but I do miss hearing another voice. Last week I spoke to a volunteer at the Friendship Line; we laughed about my favorite 'I Love Lucy' episode. Ten minutes speaking to him filled my heart with joy for the entire day."*

- Stan G, Friendship Line caller

### **We're a friend**

Isolation and loneliness impact too many and it is extremely detrimental not just to the quality of life but overall health. Research shows that lacking social connections is as damaging to our health as smoking 15 cigarettes a day (Holt-Lunstad, 2015). For too many seniors and adults living with disabilities, this is a reality.

Friendship Line, nationally accredited by the American Association of Suicidology, provides a literal lifeline to these isolated individuals. The nation's only 24/7, 365 days a year, toll-free hotline/warmline (emotional support) for older adults and adults living with disabilities, Friendship Line provides a warm voice to speak to and a person to connect with. This service provides an ally, a friend, and most importantly, the human connection that binds us to life.



### **We Provide**

- Social Connection
- Reassurance
- Referrals
- Elder Abuse Reporting
- Crisis Intervention
- Emotional Support

### **Volunteer!**

To become a volunteer at the Friendship Line please call **415-750-4136**