

# Senior Loneliness Line Social Media Toolkit

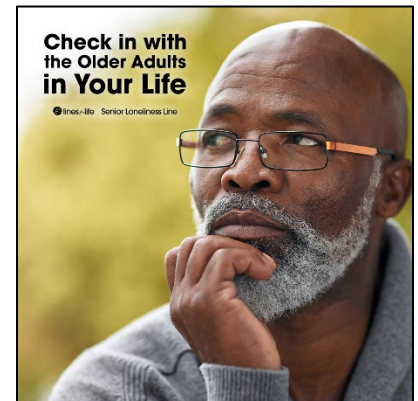
## Social Post #1:

### Instagram

As people age, loss becomes a more frequent and familiar part of life; the loss of loved ones, independence, and community. This is especially true for seniors navigating transitions such as retirement, limited mobility, or moving into assisted living. These changes can lead to deep isolation and loneliness, increasing their risk of depression and anxiety.

At Lines for Life, we know connection saves lives. That's why the Senior Loneliness Line is available 24/7, offering free and confidential support to help older adults find hope and companionship.

If you can, take time to check in with the older adults in your life with a call, visit, or message. If you can't, share the Senior Loneliness Line with them so they can get the connection they need and deserve.



Senior Loneliness Line: 503-200-1633 or 800-282-7035 | [linesforlife.org](https://linesforlife.org)

#LinesforLife #SeniorLonelinessLine #MentalHealthAwareness #CommunityCare

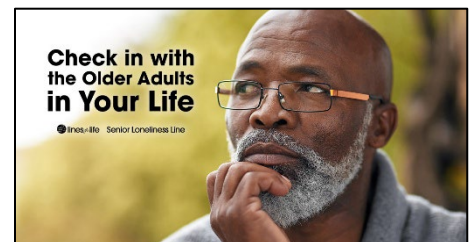
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### Facebook

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## Social Posts #2

### Instagram

Loneliness isn't a weakness. It's a human experience and is more common than you might think.

Nearly 40% of adults over 45 experience loneliness. Life transitions like retirement, losing loved ones or health challenges can leave us feeling disconnected. But connection is always possible.

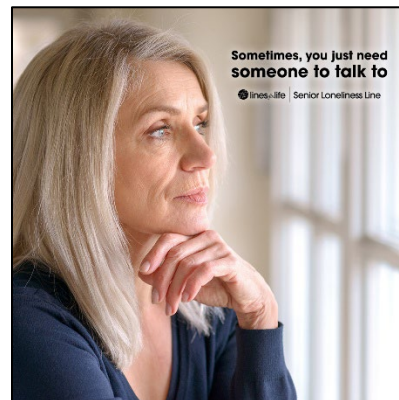
The Senior Loneliness Line is here for you. A free confidential line where older adults 65 and older can talk with someone who listens. No judgment. No pressure. Just conversation.

Whether you want to share what's on your mind, talk through a difficult day, or simply hear a friendly voice, we're here.

If you or someone older you know needs connection, call the Senior Loneliness Line: 1-800-282-7035.

#SeniorSupport #LonelinessPrevention #MentalHealthMatters #LinesForLife #YouAreNotAlone

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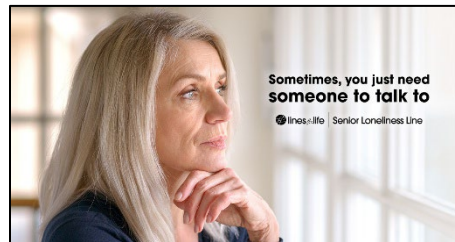
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## Social Post #3

### Instagram

Loneliness isn't just a feeling. It's a public health crisis and older adults are among those most affected. Research has linked chronic loneliness to increased risk of heart disease, stroke, and dementia. And yet, it's still something many of us don't talk about openly.

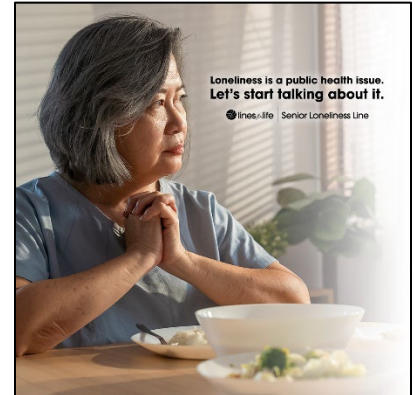
That has to change.

For older adults who are feeling isolated, connection is essential. And it can start with something as simple as a phone call. The Senior Loneliness Line is a free, confidential line, answered by people who are ready to listen. A real conversation with someone who genuinely wants to hear from you.

If you or someone older you know needs connection, call the Senior Loneliness Line: 1-800-282-7035.

#SeniorSupport #LonelinessPrevention #MentalHealthMatters #LinesForLife #YouAreNotAlone

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