



# Senior Loneliness Line

*We're here to*

***LISTEN &  
connect***



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

1 in 3 older adults experience 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.

**800-282-7035 | [SeniorLonelinessLine.org](https://SeniorLonelinessLine.org)**