



3575 Geary Boulevard, San Francisco, CA  
ioaging.org/friendshipline



## Friendship Line

24-Hour Toll Free Hotline/Warmline



1-800-971-0016

### Who can call the Friendship Line?

- Any person aged 60 years or older
- Adults living with disabilities, 18 years and older
- 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"*

### Help others

To learn more about volunteer opportunities at the Friendship Line please call 415-750-4136.

### Help us to reach more people

Funding for the Friendship Line is provided by the Institute on Aging, the San Francisco Department of Aging and Adult Services, San Mateo County Measure A, the Archstone Foundation, the Stupski Foundation, and private donations. Donate online at [ioaging.org](http://ioaging.org) or mail a check to "Friendship Line":

Institute on Aging  
c/o Friendship Line  
3575 Geary Boulevard  
San Francisco, CA 94118  
*\*Donations are tax deductible.*

### 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.

*"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."*

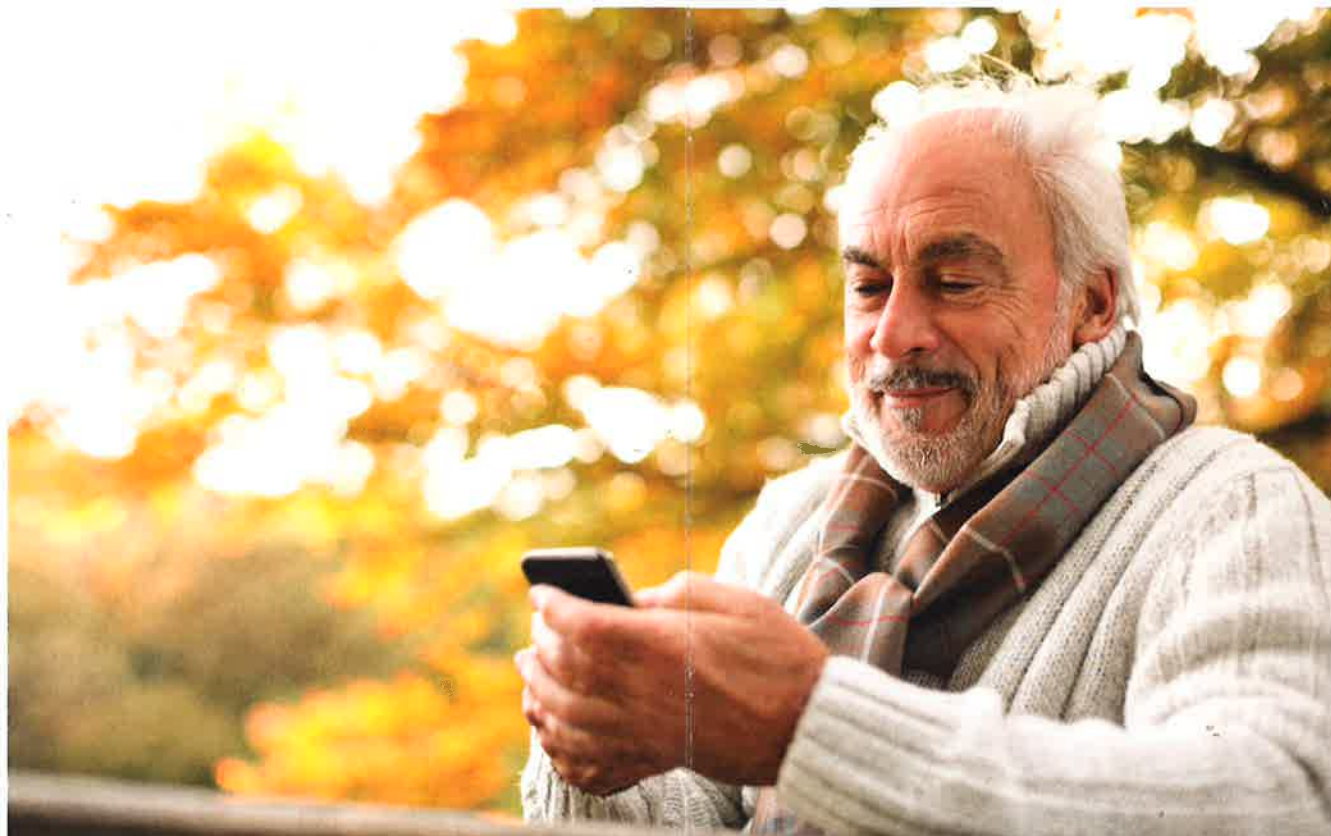
*- Stan G, Friendship Line caller*

### We're here to listen to you

In 2010, the U.S Census Bureau found that 28% of Americans aged 65 and over live alone and approximately 56.7 million people living in the United States have some kind of disability. Growing older, losing your partner, becoming housebound, or having a disability can, and often does, lead to isolation and depression.

Nationally accredited by the American Association of Suicidology, Friendship Line is the only 24/7, 365 days a year toll-free hotline/warmline for older adults and adults living with disabilities. The Friendship Line is both a crisis intervention hotline and a warmline, Whether in crisis or just feeling lonely, callers can count on the Friendship Line for a lifeline of hope. With every call, the goal is to help callers feel safe and valued.

- Emotional Support
- Reassurance
- Crisis Intervention
- Elder Abuse Prevention
- Referrals
- Information



Call us today!

**1-800-971-0016**

Let us call you

Everyone should have someone in their life. If you would like to receive friendly check-in calls from us, let us know. We can reach out to you as often as you'd like. Call Institute on Aging Connect at 415-750-4111 to sign up.