

CENTER FOR ELDERLY SUICIDE PREVENTION AND GRIEF RELATED SERVICES (CESP)

A PROGRAM OF INSTITUTE ON AGING

“Connections to Others Is What Binds Us to Life”

CESP’s Primary Service is the accredited 24-hour **Friendship Line–800.971.0016**. Friendship Line was founded in 1973 and has served older and disabled adults throughout California and the country for 47 years. Friendship Line is an accredited hotline/warm-line for people 60+ (or younger disabled people) who are lonely, isolated, depressed, bereaved, substance abusers and/or suicidal – **Friendship Line California--888.670.1360**.

- Contact: Patrick Arbore (415) 750-4133 or 415225.0115, Founder & Director, CESP parbore@ioaging.org if interested in volunteering for Friendship Line or our Grief services.
- **Call-Out Service** – Friendship Line Staff or Trained Volunteers will make phone calls to lonely older adults and offer emotional support for older people in counties or organizations that partner with our program. Let a volunteer or staff person know that you would like to make a referral.
- **Grief Services** – Saturday Morning Drop-In Traumatic Loss Groups – 10:30 a.m. – Noon; Due to covid-19, these meetings are offered through the **zoom format**. Adults **of any age** can participate in these grief sessions if they are experiencing traumatic losses. Call Patrick at 415.225.0115 or email: pabox@comcast.net for more information.
- **Information on other Services of Institute on Aging:** Contact IOA Connect – 415.750.4111