

Stamping Out Suicide (S.O.S.)

Resources from our Community Connections for Older Adults (formerly Aging Services)

- 1.) Older adults: do not isolate! Find a way to be with other people, such as joining a senior center. Contact us to help you make connections at 540-825-3100. Ask to speak to the support coordinator for your county.
- 2.) Seek out in-home care or other resources if you need them. Check out the Regional Resource Guide for Older Adults, in print or online at: <https://www.agingtogether.org/resource-guide-for-older-adults.html>
- 3.) For help with transportation, call the RTC Mobility Center at 540-829-5300.
- 4.) Older adults: if you think you or a loved one may be dealing with depression, check out our Healthy IDEAS program (see flyer at our resource table).
- 5.) Learn to live well with a chronic illness through Live Well, Virginia! These small group, chronic disease self-management education workshops meet for approximately two hours, once a week, for six weeks. Well-trained volunteers, most of whom have a chronic condition themselves, lead the workshops. There is no charge to participate. For more information, email Bonnie Vermillion at bonnired@comcast.net or contact Bonnie at 540-547-4824.

For more information, please contact us at agingservices@ecsva.org or call 540-825-3100.



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— Community Supports —

