

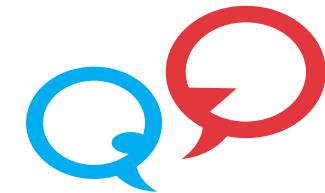
Trained workers/volunteers can help with issues such as:

- Coping
- Anxiety/Stress (impact mentally, physically and psychologically)
- Continued sadness
- Isolation/Disconnection
- Loss & Grief
- Problem-solving



For more information or to be part of the program, please contact:

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Distress Centres'

Caller Reassurance Program



***Supporting Vulnerable
and At-Risk
Seniors***

Caller Reassurance Program for Seniors

This program aims to improve the quality of life and empower seniors to remain engaged in the community

Are you able to identify with any of the following?

- Sleeping has become difficult for you
- Stressful life events sometimes overwhelm you
- You feel alone and unsupported
- You have isolated yourself
- You experience chronic or severe pain
- You have other illnesses that compromise your lifestyle
- Sometimes you have deep feelings of sadness
- At times you feel like a burden to others

- The smallest thing takes monumental effort
- Can't find joy in the things you once did
- Sometimes you just want to stay in bed/avoid others
- Thoughts of suicide
- Have problems/thoughts that are uncomfortable

- We can help talk through your most challenging issues and life events
- Manage emotional distress/crisis

Immediate assistance

- Our reassurance call can be an emotional safety check-in

Improve overall social wellbeing

- Emotional and listening support, helpful appointment, medication reminders and continuity of support
- Help navigate difficult times in your life
- Develop strategies for managing life challenges
- Linkage to other community resources

So, why choose the Caller Reassurance Program:

Improve emotional wellbeing

- Alleviates social/emotional isolation through ongoing phone contact
- Someone can call if you need a confidant
- You can feel free and open to share your pain, fears and needs