



We may be apart, but we're not alone.

Someone who cares is
just a phone call away.

If you or someone you love is feeling isolated or anxious in these challenging times, hearing a friendly voice on the phone may help. That's why we created the AARP Friendly Voice program - a trained, caring group of volunteers standing by ready to chat, listen, or just say hello.

It's easy. Request a call by dialing AARP at **1-888-281-0145** for English or **1-888-497-4108** for Spanish, between 9 a.m. and 5 p.m. local time.

