E4 CENTER
Center of Excellence for Behavioral Health Disparities in Aging
AT RUSH UNIVERSITY MEDICAL CENTER

Happy New Year to all! At the E4 Center, we know how difficult the months following the holiday season can be for some of us. Suicidal ideation tends to spike in January, according to CDC Data, so we would like to start off 2025 by sharing some valuable resources that can help older adults feel healthier and more connected going into this new year.

Are you or someone you know experiencing social isolation?

Not sure? Take an assessment:

Are You Affected by Social Isolation? Assessment

- Social isolation is more than feeling lonely. It has a negative impact on our emotional and physical health. Take this three-minute assessment to help you understand your risk level and receive helpful information and local recommendations based on your results.

Find Connection and Support:

NAMI Warmline Directory

- Warmlines provide person-centered support from a peer support specialist. Peer supporters can offer validation, shared experience, and offer a non-judgmental space to talk through anything that is weighing on your mind.

Get Help - 988 Lifeline

- Providing 24/7, free and confidential support to people in suicidal crisis or emotional distress. The Lifeline helps thousands of people overcome crisis situations every day.

Aging Unlonely

- The Foundation for Art & Healing (FAH) launched its signature national initiative, Project UnLonely, in 2016 to address the growing public health concern of social isolation and chronic loneliness. Aging Unlonely is their initiative directed at aging.

Learn More:

To learn more about the impact of loneliness, see "Our Epidemic of Loneliness and Isolation: The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community (2023)". Links below offer key takeaways, and the full report:

- One Page Summary
- Full Report

Also check out our Webinar Archive. Below we are happy to spotlight E4 Center webinars that can be helpful for older adults or those working with older adults facing social isolation:

- Schaalman Senior Voices Thought Leader Lecture: From Isolation to Inspiration
- 988 Suicide & Crisis Lifeline: Considerations for Older Adults to Prevent Suicide in Later Life

We hope this finds you all well and that we are all able to find meaningful connection in 2025!