

SENIOR CITIZEN RESOURCE LIST

MENTAL HEALTH:

Senior Suicide Prevention - www.good-sam.com
www.crisistextline.org - Seniors can Text HOME to 741741
Veterans: www.dven.org and www.activeheroes.org
Veterans Crisis Line - 800-273-8255 Text 838255
Institute On Aging Friendship Line - 800-971-0016
www.searchandcare.org
www.ioaging.org
LGBTQ Senior Hotline- 1-888-234-7243
www.glbthotline.org

FREE TECH DEVICES FOR SENIORS:

www.peprimer.com
www.seekyt.com
www.computersforlearning.gov

ONLINE DOCTORS:

Most Clinics and Private Physicians will provide online addresses for patients to receive information or for virtual visits. Call and request information.

www.urgentmed.us
www.amazehealth.com - \$39.99 fee
www.carbonhealth.com - \$49.00 fee
www.onemedical.com - \$19.00 fee, accepts insurance

EXERCISE CLASSES FOR SENIORS:

www.youtube.com/pauleugene - Paul Eugene - Senior Gold Dance Fitness Aerobics
www.youtube.com/curtisadams - Curtis Adams - Cardio Exercise For Seniors

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