

Crisis Hotline, Friendly Voice

Age Requirements

22-55

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56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

Serves adults age 50 and older.

Intake Contact Email

AARPVA@aarp.org

Intake Process

Call or visit the website for information.

Intake Contact Telephone

(866) 542-8164

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

AARP Virginia State Office

<https://states.aarp.org/virginia/>

<https://aarpcommunityconnections.org/mental-health-resources/>

<http://www.facebook.com/aarpvirginia>

<http://www.twitter.com/aarpva>

Main

(866) 542-8164

Toll-Free

(866) 542-8164

TTY/TTD

(877) 434-7598

901 East Byrd Street Suite 1005
23219 VA
United States

Monday: 7:00 am-11:00 pm
Tuesday: 7:00 am-11:00 pm
Wednesday: 7:00 am-11:00 pm
Thursday: 7:00 am-11:00 pm
Friday: 7:00 am-11:00 pm
Saturday: Closed
Sunday: Closed

Fee Structure

No Fee

Languages Spoken
English

Trained AARP Friendly Voice volunteers will make a call to say hello. Sometimes hearing a friendly voice helps during these isolated days.

If you would like a request a call, for yourself or a loved one, you can call 1-888-281-0145 and leave your information you will get a callback. Calls are returned Monday through Friday 9 am until 5 pm. Llámanos directamente al 1-888-497-4108

If you are in crisis, please see our [Helpline page](#) for resources. Find information for Disaster Distress Helpline, Crisis Text Line, Suicide Hotline and more.

Service Area(s)

Nationwide

Email

AARPVA@aarp.org