

## WHAT IS THE SOCIAL OUTREACH PROGRAM?

Sierra Nevada Memorial Hospital Foundation's Social Outreach Program is a prevention and early intervention program. The primary goal is to support and promote the mental health of isolated seniors and adults with disabilities.

## IS THIS PROGRAM FOR ME OR SOMEONE I KNOW?

- Have you recently experienced a loss or stressful change in your life?
- Are you experiencing a sense of loneliness or sadness?
- Does life feel hopeless?
- Would you like an opportunity to share your story?
- Has it been a while since you saw a physician or other provider?

## WHAT DOES THE SOCIAL OUTREACH PROGRAM DO?

- Comes to your home at your convenience, at no cost.
- Provides a confidential assessment.
- Offers referrals and resource information as desired.
- Offers emotional support to maintain independent living.
- Provides fall prevention information.

*"In the middle of difficulty lies opportunity."*  
- Albert Einstein

