

TREATMENT IS AVAILABLE



- ❖ Depression is one of the most successfully treated illnesses.
- ❖ Numerous treatment options are available for Depression to include medications and psychotherapies.

BEYOND TREATMENT: TIPS THAT MAY HELP DURING TREATMENT

- ❖ Try to be active and exercise.
- ❖ Set realistic goals for yourself.
- ❖ Try to spend time with other people and confide in a trusted friend or relative.
- ❖ Try not to isolate yourself, and let others help you.
- ❖ Expect your mood to improve gradually, not immediately.
- ❖ Postpone important decisions, such as getting married or divorced, or changing jobs until you feel better.
- ❖ Discuss decisions with others who know you well and have a more objective view of your situation.
- ❖ Continue to educate yourself about depression and anxiety.



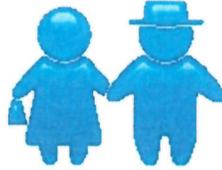
Centers for Disease Control and Prevention and National Association of Chronic Disease Directors. The State of Mental Health and Aging in America Issue Brief 1: What Does the Data Tell Us? Atlanta, GA: National Association of Chronic Disease Directors; 2008.

National Institute of Mental Health. (May, 2016). Older Adults and Mental Health Retrieved from: <http://www.nimh.nih.gov/health/topics/depression/index.shtml>

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SENIOR DEPRESSION & ANXIETY

FACTS



- ❖ 20% of people age 55 years or older experience some type of mental health concern.
- ❖ In 2006, 5% of adults age 65 or older reported experiencing current depression and 10.5% reported a diagnosis of depression at some point in their lives.
- ❖ Anxiety is also among the most prevalent mental health problems among older adults. The two conditions often go hand in hand, with almost half of older adults who are diagnosed with major depression also meeting criteria for anxiety.
- ❖ Depressive disorders are widely unrecognized and often go untreated or undertreated among older adults. Older men have the highest suicide rate of any age group: Men 85+ have a suicide rate of 45.23 per 1000, compared to an overall rate of 11.01 per 1000 for all ages.
- ❖ Depression has been associated with distress and suffering, and can lead to impairments in physical, mental and social functioning.
- ❖ Depression adversely affects the course, and complicates the treatment of other chronic diseases.

**DEPRESSION IS NOT A NORMAL
PART OF GROWING OLDER!!**



District 19 Community Services Board Crisis Line: 804-862-8000

Toll free: 866-365-2130

District 19 Community Services Board Crisis Assessment Center: 804-862-6095

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