



Behavioral Health

# Suicide Prevention Week 2016

## Your Final Tip and Your Challenge!

*Friday, September 9*

### How do I support older adult mental health?

Depression, anxiety and isolation are NOT a natural part of aging. The challenges of aging are real, but so are the ways we can all support our elders. The risk of mental health challenges may increase with health problems and other events that tend to be more common among older adults, including loss of friends and loved ones, and isolation after retirement or disability.

If someone you know is struggling with isolation or mental health challenges, urge them to discuss them with their doctor and identify treatment options, just as you would if they were having physical symptoms that impact their functioning and wellbeing. Help is available and treatment is effective.

With our busy and hectic lives we can miss opportunities to reach out to those we care about and just be together. While it can seem easier to just send an email, or pick up the phone, it isn't always enough. A recent study in the Journal of the American Geriatric Society found that the frequent face-to-

### Challenge!

Reach out to an older adult and set up a time to do something they enjoy. Or volunteer for a few shifts at a service that provides respite to caregivers or at a senior center to share a skill, craft or talent you have. However you choose to spend the time, make sure there is plenty of space to talk and make a connection with those you reach out to. Facts about depression in older adults can be found at [www.mentalhealthamerica.net/conditions/depression-older-adults-more-facts](http://www.mentalhealthamerica.net/conditions/depression-older-adults-more-facts).



[suicideispreventable.org](http://suicideispreventable.org)

Funded by counties through the Mental Health Services Act (Prop 63).