MENTAL WELLNESS IS AGELESS

A healthy mind is as important as a healthy body.

AT ANY AGE, A HEALTHY MIND CAN SUPPORT GROWTH, DISCOVERY, RECOVERY, AND HAPPINESS.

BEING IN GOOD MENTAL HEALTH DOESN’T MEAN THAT YOU’LL NEVER FEEL SAD, LONELY, OR "DOWN." BUT IF THESE FEELINGS DISRUPT YOUR LIFE FOR TOO LONG, YOU CAN RECEIVE HELP.
Mental wellness builds upon your physical and emotional well being, and it can be the key to completing your entire health.

Your mental health influences how you think, feel, and behave in daily life.

It affects your ability to cope with stress, overcome challenges, build relationships, and recover from life's setbacks and hardships.

Strong mental health isn't just the absence of mental health problems.

Positive mental health is something we can all practice at any point of our lives. It has the ability to help you:

- Realize your full potential
- Cope with the stresses of life
- Work productively
- Make meaningful contributions to their communities

Unusual feelings of sadness or depression can happen when:

- You have to move away from your home.
- People you love get sick and/or pass away.
- Dependence on others for help with once simple tasks.
- Physical health problems seem overwhelming.
In addition to feelings of depression, some of the following changes in behavior may suggest other emotional problems:

- Being easily upset
- Not having the energy to do things you want to do, or used to do
- Changing sleep habits
- Increasing forgetfulness
- Being afraid of things
- Change in eating habits
- Neglecting housework
- Crying a lot
- Having trouble managing money
- Believing that you can’t do anything
- Staying alone a lot of the time
- Spending little or no time with friends
- Feeling hopeless or overwhelmed
- Thinking life isn’t worth living
- Thinking about hurting yourself
- Being confused
- Getting lost a lot

Here are some things you can do if depression or other changes in your behavior last longer than two weeks:

**Talk with your doctor or other healthcare professional**
Tell them exactly how you’re feeling, and let them know how this is different from the way you used to feel. They can check for any problems you may be having, and can discuss treatment options with you.

**Go to someone you trust**
Share your feelings with a friend, family member or spiritual advisor. These people can sometimes notice changes that you might not see.

**Ask for advice**
Ask for advice from a staff member at a senior center or other program you participate in.

**Where to Begin When You’re Ready**

- **National Eldercare Locator**
  1-800-677-1116
- **Federal Center for Mental Health Services**
  240-276-1310
- Visit SAMHSA website for more information.
For Immediate Access to Routine or Crisis Services

Georgia Crisis & Access Line
1-800-715-4225
mygcal.com

This information was provided by the National Institute of Mental Health. For additional information, please visit www.nimh.gov