

FAMILY MENTAL HEALTH

MENTAL HEALTH MATTERS TO SENIORS

WHY

It is not true that symptoms of Mental Illness in seniors is “just the way it is”. Senior Mental Illness cannot be ignored. Whether you know an aging adult living at home, in a retirement home or in a nursing home, Mental Health is as important as caring for the heart, blood pressure or bowels.

Let’s keep the conversation going and start within our own families.



WHAT

CHECK IN:

- Do I have trouble sleeping?
- Do I worry excessively?
- Are there times where I can’t stop crying?
- Have my eating habits changed?
- Do I have thoughts of death or suicide?
- Have I lost the ability to smile or laugh?
- Is it difficult to breathe, even though the doctor says I’m fine?
- Have I withdrawn from family and friends?
- Have I become more irritable?
- Would I like to feel better?

If you or your loved one has answered yes to more than (not then) 3 of the above questions, ask for help. Your symptom may be related to depression, anxiety, PTSD or addictions.

WAIT

YOU ARE NOT ALONE!

Together we can build a support network and plan for you or your loved one. Just because of age, does not mean it’s “just what it is”.

You can feel better. You can get the support you need.

5 TIPS TO FEELING BETTER

- Talk to your doctor
- Tell a friend or family member
- List your symptoms and record if they increase
- Breathe and breathe again
- Ask for help. You are not alone.

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