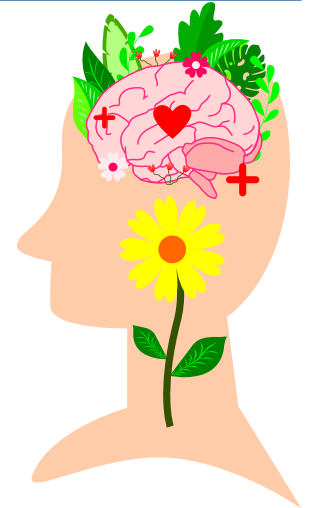


# MENTAL HEALTH AND OLDER ADULTS

**As you get older, you may go through life changes that impact your mental health, such as losing a loved one or getting very sick.**

You may feel lonely or depressed.

We all have these feelings, and they are normal. But when these feelings don't go away, they can get in the way of taking care of yourself.



## **Why is it important to pay attention to mental health in older adults?**

- Mental health affects people's safety and how well older adults are able to take care of chronic conditions.
  - Examples of chronic conditions include diabetes, heart disease, arthritis, COPD, and high blood pressure.

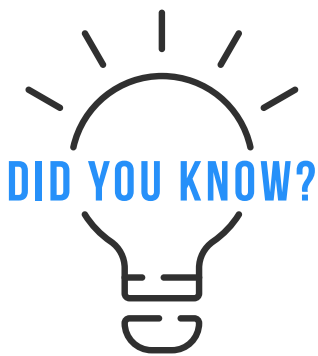
## **Some of the warning signs of mental health problems in older adults are:**

- Changes in mood or energy level
- Changes in eating or sleeping
- Isolating yourself from loved ones
- Smoking, drinking, or using drugs more than usual
- Sadness or hopelessness
- Anger or moodiness
- Hearing voices or believing things that may not be true
- Thoughts of harming yourself or others

If you have questions about your mental health, please get help.

If you don't know where to start, call your doctor or a person you trust.

**You are NOT alone and asking for help is ok.**



### **Emergencies can impact your mental health.**

Living through an emergency such as a hurricane, flood, heat wave, or wildfire can impact:

- Trauma or post-traumatic stress disorder (PTSD)
- Stress, depression or sleep disorders
- Mood disorders or violent behavior
- Feelings of grief, helplessness or anxiety

### **Is it important to plan for emergencies?**

- Emergencies can make it hard to take care of your mental health. Being prepared can help.
- Make a plan to make sure your basic needs and support systems are available during an emergency.
- Think about your mental health needs while putting together your personal preparedness kit. Learn more at <https://www.ready.gov/kit>



You are **NOT** alone and asking for help is ok.

- You will find many resources on the next two pages.
- Please share this information with your friends and family.

# RESOURCE GUIDE

## 988 Suicide & Crisis Lifeline

**Send a text to 988 (FREE)**

24/7

**For TTY Users:** Use a relay service or dial 711 then 988.

### Call for help with:

- Thoughts of suicide
- Depression
- Anxiety
- Thoughts of wanting to harm yourself or others
- Feelings hopelessness or worthlessness
- Stress

### Support is available in:

- Spanish
- French
- Russian
- Mandarin
- Vietnamese



## National Alliance on Mental Illness

### Mental Health Warm-line

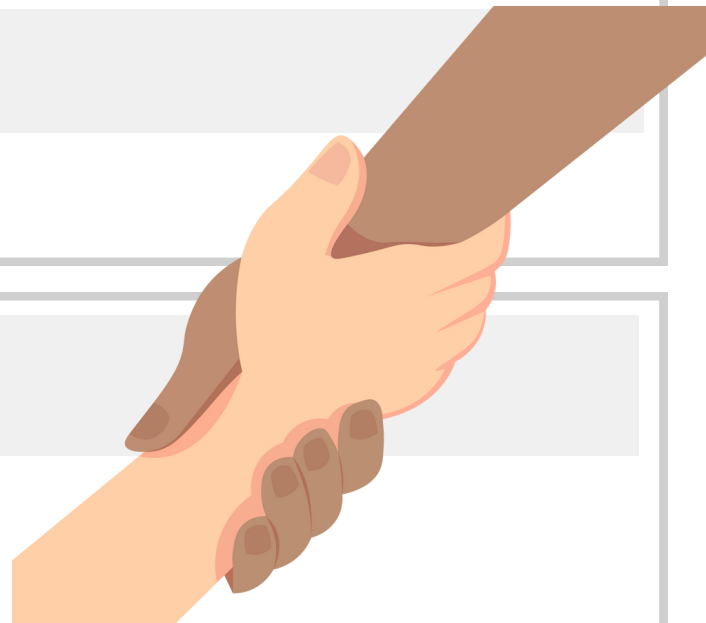
**267-687-4381 (FREE)**

Call for emotional support.

## Suicide Prevention and Crisis Intervention Services

**215-686-4420 (FREE)**

Call for help with behavioral health crises.



# RESOURCE GUIDE

## Mental Health Delegate Hotline

**215-685-6440**

- Call for resources and to access the mobile crisis team for on-site help.
- **Services are available regardless of your ability to pay.**

## Department of Behavioral Health and Intellectual Disabilities Services

**215-685-5900**

- Call for help with intellectual disabilities, mental health, and/or substance abuse.
- **Services are available regardless of your ability to pay.**

**If you are unsure what service you need and/or do not have medical insurance, please contact the Behavioral Health Special Initiative (BHSI) at 215-546-1200**

**Monday - Friday, 8:30am - 5pm.**



## Social relationships can help you live a longer, healthier life!

- Social isolation is a lack of social connections.
- Social isolation can lead to loneliness in some people.
- You can feel lonely even when you are around people.

**Call the PCA Helpline at 215-765-9040 for information about:**

- Senior Centers
- Companionship Programs
- Adult Day Services



**These programs can help get you connected to community resources and build friendships!**