Trouble Functioning?
If you have had 4 or more of these symptoms lasting more than two weeks, talk to your health care provider:

LONELINESS
- Recently lost a spouse, friend, or someone close to you.
- Feel isolated.
- Feel you are not able to turn to others.

ALCOHOL & DRUG ABUSE
- Consume more than one standard drink per day.
- Consume more than two standard drinks at a time.
- Taking a higher dosage of medicine than your doctor recommends OR drugs more often.

DEPRESSION
- Lack of interest.
- Feeling of worthlessness.
- Poor ability to concentrate.
- Unable to sleep.
- Loss or gain of weight.

SUICIDE
- Trouble finding solutions for your problems.
- Thought of death or harm to self – seek help immediately.

To Learn More
National Institute of Mental Health
(1-800-421-4211)
www.nimh.nih.gov

National Mental Health Association
(1-800-969-6642)
www.nmha.gov

Brochure developed by:
Amy Ortmann
Boise State University

Center for the Study of Aging

“And in the end, it’s not the years in your life that count. It’s the life in your years.”
– Abraham Lincoln

HELP ON THE WAY
You Are NOT ALONE.

Studies of memory, intelligence, and the life course describe normal aging; however, some people suffer from psychological problems like loneliness, depression, or thoughts of suicide later in life.

Among the older population, such challenges and/or possible stressors include:

- Life Transitions
- Loss of Employment
- Diseases or Health Conditions
- Changes in Residence
- Social Discrimination
- Grief
- Death of a Loved One

It’s normal to have feelings.

When difficult things happen, people may feel sad, anxious, angry, hopeless, or frustrated.

You can adjust.

Through one’s adaptation to the aging process, older individuals clearly demonstrate the ability of coping over time.

What Can You Do?

If you are having feelings of embarrassment, frustration, and sadness associated with your aging process:

- **Take it seriously.** Treat it as you would severe physical symptoms.

- **Don’t try to “go it alone.”** It can be hard to tell these thoughts and feelings to others and ask for help – but it’s very important.

- **Talk to a professional who can help:**
  - A counselor, therapist, doctor, or other health care provider

- **Talk to others who can offer support:**
  - Family members or neighbors
  - Friends
  - Social Groups

Get Help, Get Well.

**TREATMENT INCLUDES:**

- Antidepressant Drugs with psychological therapy
- Aerobic Exercise / Healthy Lifestyle
- Social Supports (Group or Personal Counseling)
- Programs for Substance Abuse
- Community-Based Rehabilitation

80% of the older population responds to medications or psychotherapy.

Recognize your symptoms and find help today.