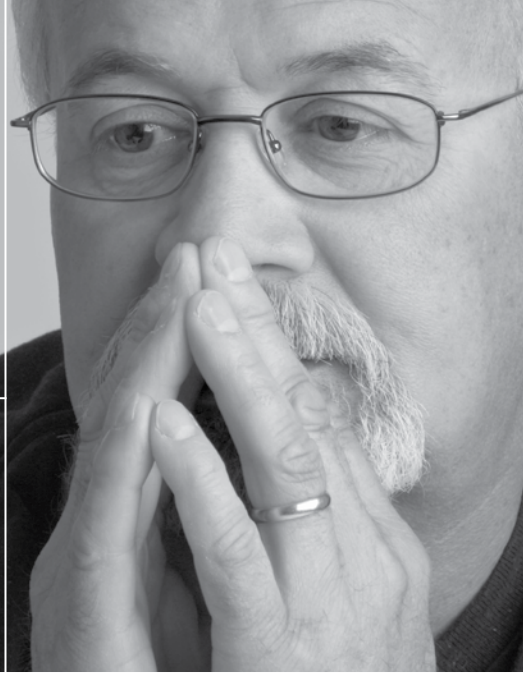


60 or older?

If you are 60 or older, you remember the days when no one talked about depression - especially if it involved you or your family.



Now we know mental health is a basic part of overall health. In older adults, depression is frequently unrecognized. Too often we think it's "just part of getting older." It is not.

Depression Check List

- Feeling sad every day, all day, for more than two weeks
- Feeling worthless
- Feeling helpless
- Feeling "slowed down"
- Changes in weight
- Difficulty sleeping or concentrating
- Restlessness and irritability
- Frequent tearfulness
- Chronic physical pain – such as stomach or headaches
- Thoughts of suicide or death
- Avoiding social interaction
- Relying more on alcohol

If your body hurts, you talk to your health care provider. So if your life hurts, don't hesitate to do the same thing. Untreated, symptoms become more severe - just like any illness.

For information and referral dial 2-1-1 (1-800-478-2221) or go to www.alaska211.org

A message from the Alaska Commission on Aging, Alaska Mental Health Board and Alaska Mental Health Trust.

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