

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 isn't.

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 aches 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: talk to a professional. Untreated, symptoms become more severe - just like with any illness.

Find services

Online: Alaska Behavioral Health Resource Guide at www.hss.state.ak.us/amhb

Telephone: Aging & Disability Resource Centers
1-877-625-2372, United Ways of Alaska Information & Referral Service 2-1-1 (1-800-478-2221),
Alaska Mental Health Board 1-888-464-8920

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

You KNOW me
The Alaska Mental Health Trust
www.mhtrust.org

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