

MENTAL HEALTH AWARENESS MONTH



MENTAL HEALTH IS AN ESSENTIAL PART OF A PERSON'S WELL-BEING AND OVERALL HEALTH.

MAINTAINING MENTAL HEALTH IS AS SIMPLE AS STAYING AWARE AND TAKING ACTION WHEN NECESSARY.

4 WARNING SIGNS OF MENTAL ILLNESS

1. Persistent feeling of sadness or anxiety
2. Increased use of alcohol or drugs
3. Withdrawal from daily activities
4. Isolation from family and friends

20% of adults 55 and older experience some type of mental health issue.

6 CAUSES AND RISK FACTORS FOR SENIOR MENTAL ILLNESS

1. Change of environment
2. Challenging living situations
3. Limitations in daily activities
4. Physical disabilities or impairments
5. Grief following the loss of a loved one
6. Untreated physical illnesses

4 WAYS TO HELP

1. Know the signs and symptoms of mental illness
2. Identify at-risk family members and friends
3. Be compassionate and offer emotional support
4. Seek help from a healthcare provider