

Mental Health Matters: Tips for Older Adults

Mental health problems are not a normal part of aging. [Blue Moon Senior Counseling](#) Yet many older adults face real emotional challenges — and help is available.

Watch for the Signs. Depression in older adults may look like withdrawing from life, losing interest in favorite activities, or staying home more — not always sadness or tears. It can also be mistaken for memory issues, when it's actually a treatable condition. [Stoughton Health](#)

Tips to Support Your Well-Being:

- **Seek help if you need it.** Lasting feelings of sadness, hopelessness, or anxiety are worth discussing with your healthcare provider. [NCOA](#)
- **Stay active — body and mind.** Exercise, eat well, sleep enough, and keep your brain engaged through reading, games, art, or time with loved ones. [Deconstructingstigma](#)
- **Stay connected.** Social ties are vital. Try a senior center, volunteer work, faith community, or local classes. [NCOA](#)
- **Keep a routine.** Structure and predictability support emotional stability. [NCOA](#)
- **Practice gratitude.** Focusing on what you have — not what you lack — can shift your outlook and lift your spirits.

Break the Stigma. Mental health conditions have a biological basis. Seeking support is a sign of strength, not weakness. [Stoughton Health](#)

For help, contact your primary care provider or call **SAMHSA's free, confidential helpline: 1-800-662-4357**, available 24/7.