

# Mental Health

## As You Age!



### Up to 25% percent of adults 65 and older

are living with a mental health condition such as anxiety or depression.

~The National Council on Aging



### Mental Health

refers to how we feel mentally and emotionally. Just as we have physical health, we also have mental health. While these two kinds of health are often separated, they more frequently go hand-in-hand.



### Mental Health & Mental Illness

are actually two very different things. The term "health" can refer to our general physical condition. This is something that we intentionally take care of and visit the doctor for. Mental Health simply refers to our general mental condition. It is also something we must care for.



### Mental Health

can be good or poor, just as our physical health can be good or poor. When our mental health is poor, this can sometimes be caused by an underlying condition (a mental illness or mental health disorder). However, a person does not always have a mental illness when they are experiencing poor mental health just as a person does not always have an underlying physical disease every time they experience a physical symptom.



It can be easy to convince yourself that you just need to "shake off" how you are feeling, however, here are a few signs that you may need to reach out to a professional for help:

- Excessive worry, fear, or sadness
- Feeling more angry or irritated than normal
- Severe mood swings
- Feeling overwhelmed with daily life
- Trouble focusing
- Fixating on one thing (how you look, drinking, that something bad is going to happen, etc.)
- Hearing voices or seeing things that aren't really there
- Not being interested in the things you used to be interested in
- Thoughts about suicide, no longer wanting to live, not wanting to wake up in the morning

## Seasons Center is Here to Help!

- Advocacy
- Care Coordination
- Community Based Services
- Counseling & Therapy Services
- Emergency & Crisis Services
- Formal Evaluations & Diagnosis
- Health & Wellness Coaching
- Mental Health Screenings
- Nursing Support
- Peer Support
- Psychiatric Services & Medication Management
- Skill Building Services
- Substance Use Disorder Services
- Trauma Therapy Services
- Veterans Services

Seasons Center is a mental health center that provides counseling, medication, and in-home services intended to support your mental health as well as treat mental health disorders or mental illnesses. Seasons Center can walk alongside you through this journey and help you get the help you need to better your mental health.



**800-242-5101**  
**[www.seasonscenter.org](http://www.seasonscenter.org)**  
**24/7 Crisis & Talk Line:**  
**844-345-4569**