

MENTAL HEALTH

WHAT YOU NEED TO KNOW



SOME FACTS

- Mental illness touches the lives of all Canadians at some point
- Mental illness affects people of all ages, educational & income levels, and cultures
- Currently, **1 in 4 Canadian Seniors** has a mental health issue

MENTAL HEALTH PROBLEMS IN SENIORS INCLUDE:

- Depression
- Anxiety
- Dementia
- Delirium
- Other kinds of distress

Small lifestyle changes can greatly improve your well-being and help you feel better.

HELPING YOU FEEL BETTER



Stay Active

Go for a walk, participate in the activity programs offered at your home.



Be Social

Have visits with family, friends, volunteers and staff; participate in group activities, such as card games or bingo.



Listen to Music

Listening to music improves our mental well-being and physical health.



Do Things that you Enjoy

Things like reading a book, singing, painting or doing crafts.

If you experience signs of a mental health issue it is important that you **talk to a health expert**. This could be your family doctor, nurse, pharmacist or psychologist.

You deserve to be well and enjoy your senior years!