

Older Adult Mental Health Basics



Funded by:  Stratis Health

Mental illness is **not**
a part of normal aging

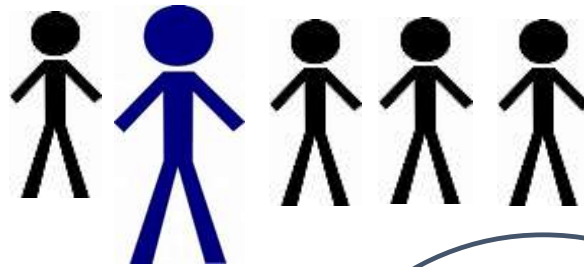
What is mental illness?

It affects our **thinking**, **feeling** and **emotions**. Makes it **hard to function in our daily activities** and to maintain relationships with others.

Anxiety

is the **most common**
mental illness

1 in 5 adults has a mental illness
in a given year



Almost **half** of all mental illnesses
begin by age 14 and **75%** by age 24

Older Adults with Depression

Rarely say they're sad

80% who are diagnosed **get better** with treatment

**Aches, pains
and feeling
tired** are often
depression
warning
symptoms

Be sure the older adults you care for get a **depression screening**

Source: NAMI Minnesota