Older Adults with Depression Rarely say they’re sad

80% who are diagnosed get better with treatment

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

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