



DEPRESSION is Not a Normal Part of Growing Older

talk it out

If you don't know what you are feeling, it's hard to find a solution. Putting a label on your emotions can help you define a problem and find an answer.

If you are anxious, depressed, or lonely during social distancing, ask the following questions:



Q Are you able to meet your physical needs, such as food, rent, or medications?

Q With the current need for remaining in the home and refraining from social activities, how are you doing with the transition to social distancing?

Q Do you feel your use of alcohol, drugs, or other substances has increased since the beginning of the crisis?

Q Have you been experiencing any feelings of stress, anxiety, or depression?

Q Do you feel capable? Independent? Happy? Do you feel in control of the important aspects of your life?

Q When this is over, what are you looking forward to? What sort of plans have you made?

Talk It Out

- Stay connected to family, friends, and loved ones through phone calls, emails, text messages, and social media.
- Talking to a trained mental health professional can help.
- Text HOME to 741741 to connect with a Crisis Counselor.
- Call 1-800-662-4357 to talk to a trained mental health professional.

CREDIBLE RESOURCES

Elder Helpline

1-800-963-5337
Elderaffairs.org

COVID-19 Call Center

1-866-779-6121
floridahealthcovid19.gov

CDC

1-800-232-4636
cdc.gov

Substance Abuse and Mental Health Services Administration

1-877-726-4727
samhsa.gov

Suicide Prevention Lifeline

English: 1-800-273-8255
Español: 1-888-628-9454
TTY: 1-800-799-4889

Domestic Violence Hotline

1-800-799-7233

Senior Friendship Line

1-800-971-0016

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Seek help when needed – If distress impacts activities of daily life for several days or weeks, talk to a clergy member, counselor, doctor, or call 1-800-662-4357.



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As the number of cases of COVID-19 increases, so does the associated anxiety and older adults are more likely to be at risk to develop serious illness. The mental health effects of COVID-19 are as essential to address as the physical health effects.

The outbreak of COVID-19 is stressful. The fear and anxiety surrounding the uncertainty about the disease can be

overwhelming and cause strong emotions. Taking care of yourself, your friends, family, and loved ones can assist in coping with stress.

It is natural to feel grief, nervousness, and stress. Pay attention to your emotions - notice and accept the ups and downs of how you feel. Taking care of your emotional health will help you think clearly and react to the urgent needs to

protect yourself and others. Self-care will help your long-term physical health, mental well-being, and behavioral health.

Those experiencing preexisting mental health conditions should continue with prescribed treatment plans during an emergency and monitor for any new symptoms.

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- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.
- Text HOME to 741741 to connect with a Crisis Counselor.
- Call 1-800-662-4357 to talk to a trained mental health professional.

Things you can do to support yourself

A Take a break from watching, reading, or listening to the stories, including limiting social media. Hearing about the pandemic repeatedly can be upsetting.

A Take care of your yourself. Stretch, take deep breaths, or meditate. Eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.

A Unwind and relax. Make time to try to do some other activities you enjoy.

A Connect with others. Talk with people you trust about your concerns and how you are feeling. Use video chats to interact with friends and loved ones.

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