

WHY OLDER ADULTS ARE THE MOST UNDERTREATED GROUP IN MENTAL HEALTH



DEPRESSION IN OLDER ADULTS OFTEN GOES UNRECOGNIZED

For older adults, depression frequently shows up as physical symptoms like fatigue, unexplained pain, or sleep problems rather than sadness, making it easy to overlook without intentional screening and awareness.

A PERSONAL CONNECTION MAKES REFERRALS MORE EFFECTIVE

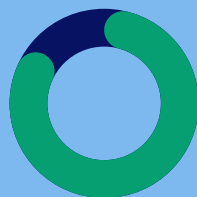


Research shows that without any structured support, only 22% of older adults who screen positive for depression accept a mental health referral. A warm, direct introduction to available programs significantly improves the chances someone will follow through.



11.4%

OF ADULTS OVER 55
HAVE HAD AN
ANXIETY DISORDER
IN THE PAST YEAR



14%

OF ADULTS OVER 70
LIVE WITH A MENTAL
HEALTH CHALLENGE



1 IN 5

OLDER ADULTS
EXPERIENCE A
MENTAL HEALTH
CONCERN THAT IS
NOT A NORMAL
PART OF AGING.



72%

OF OLDER ADULTS
SHOWED SUSTAINED
IMPROVEMENT UP TO 26
WEEKS AFTER THERAPY

OLDER ADULTS ARE SIGNIFICANTLY UNDERTREATED FOR MENTAL HEALTH CONDITIONS

Despite depression affecting approximately 7 million Americans over 65, fewer than 3 in 10 receive any form of treatment. Anxiety disorders follow a similar pattern, making older adults one of the most underserved groups in mental health care.

THE STIGMA IS STRONG.

Even though mental health conditions are common in older adulthood, about 2 out of 3 seniors with mental health concerns do not receive needed treatment.

Sources:
World Health Organization
National Council on Aging
University of Utah