

WORLD MENTAL HEALTH DAY



October 10th is World Mental Health Day!

World Mental Health Day fosters a global conversation about mental health, encouraging people to seek help, support one another, and work towards a world where mental health is a priority for everyone.

In honor of World Mental Health Day, we are sharing MentalHealth.gov's

"Early Warning Signs of Mental Health Challenges."

- change in eating or sleeping patterns
- experiencing severe mood swings
- feeling helpless or hopeless
- having low or no energy
- having unexplained aches and pains
- hearing voices or believing things that are not true
- inability to perform daily tasks
- pulling away from people and usual activities
- thinking of harming yourself or others

If you or someone you know is experiencing one or more of these warning signs, we encourage you to speak with your healthcare provider, as they could be a sign of a deeper issue.

WE CAN HELP.

Our hospital-based outpatient program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging or a chronic diagnosis. Anyone can make a referral to our program, including self-referrals, provider referrals, or community consultations.

Call us today at