



REACH

Resources & Education
for Aging, Community, and Health

MENTAL & EMOTIONAL HEALTH

In life, you may have ups and downs in your physical and mental health, such as coping with illness or losing a loved one. When you notice changes in your thoughts, feelings, or behaviors, consider talking to a healthcare or mental health provider.

Signs and Symptoms

Certain symptoms can be linked to treatable conditions like depression or anxiety. Noticing changes, like the ones below, in yourself or others is important.

- Changes in sleeping or eating habits
- Feeling lonely or hopeless
- Not enjoying the activities that you used to
- Having trouble concentrating or feeling forgetful
- Feeling irritable or angry more frequently than usual

Treatments

Similar to seeking help for a physical issue, you can seek help for your mental health. Treatment options, like the ones below, are effective and can help improve your mental health.

- ✓ Counseling offers a safe place to work through life challenges
- ✓ Support groups offer a place to meet others in similar situations
- ✓ Medications may improve mood and symptoms
- ✓ Lifestyle changes like exercising and staying connected with others



If you are thinking about harming yourself or need to talk to someone immediately, **call the new suicide crisis helpline 988 or dial 911.**

ABOUT REACH

REACH is dedicated to improving the quality of care for Florida's older adults. The Florida State University College of Medicine, Department of Geriatrics has been federally funded since 2015 to work with a variety of local, state, and national partners to enhance Florida's workforce that cares for older adults. Please visit our website to learn more.

ONLINE AT
REACH.MED.FSU.EDU

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FLORIDA STATE UNIVERSITY COLLEGE OF MEDICINE
1115 W. CALL STREET, TALLAHASSEE, FL 32306-4300
CONNECT.REACH@MED.FSU.EDU