



If you are interested in obtaining more information about services your local mental health center can provide for you or a loved one, please call us at:

The Center for Mental Health
(970) 252 - 3212 or
(970) 252 - 3200
Colorado Health Partnerships
(800) 804 - 5008

24 Hour Emergency Services:
(970) 252 - 6220
www.midwestmhc.org

¡Hablamos Español!

The Center for Mental Health
is a partner in:

Colorado Health Partnerships
7150 Campus Drive, #300
Colorado Springs, CO 80920

Phone: (800) 804 - 5008
Website: www.YourCHN.com

Colorado Health Partnerships

Mental Health and Aging

**Don't let the blues
hang around:
Keeping mentally
fit as you age**



The Center for Mental Health

The Center for Mental Health, your local Mental Health Center, has a wide variety of services available such as:

- Mental Health Screenings
- Individual Therapy
- Group Therapy
- Medication Management
- Case Management
- Support Groups
- Crisis Services
- Life Transition Assessment and Support

The Center for Mental Health serves the counties of: Delta, Gunnison, Hinsdale, Montrose, Ouray and San Miguel. Services are available in many convenient locations such as:

- The towns of Delta, Gunnison, Montrose, Norwood and Telluride
- Some doctor's offices, assisted care facilities, and nursing homes
- Screenings are also available at local health fairs and other events

For more information, call:
Carol Jean Garner
(970) 252 - 3212 or
(970) 252 - 3200

Tips on Keeping Mentally Fit

- If feeling overwhelmed, consider seeking professional help
- Take time to exercise
- Maintain good eating habits
- Take time to do activities you enjoy
- Get regular physical checkups
- Seek out others for companionship and support
- Help someone else
- Schedule your day
- Remember that you are not alone
- Use positive affirmations



For additional information on maintaining good mental health, visit us on the web at:
www.YourCHN.com



Don't let the blues hang around: Keeping mentally fit as you age.



What is Mental Health?

As we age, we often face increasing challenges in our lives such as the loss of a loved one, increased medical problems, or moving out of one's longtime home. Being mentally fit allows one to better adapt to changes and cope with difficult times.

It's important to know that physical health and mental health are closely related. People with physical problems such as cancer are more likely to have mental health problems. People with depression are more likely to develop physical problems.

Positive aging includes learning to accept the losses, joys and wisdom that comes with age. Many find that talking to a professional can help put complex aging issues into perspective. Good mental health enables a person to cope with mental health problems so that they do not interfere with leading a rewarding life.

Facts about Mental Health

- An estimated 25-35% of older adults experience mental health problems
- Physical problems and mental health problems are often closely related
- Some medications may lead to or cause symptoms of mental health problems
- People with mental health problems do get better with help

What are the Signs and Symptoms of Depression and Anxiety

You may be depressed if you are:

- Sleeping too much or not enough
- Not eating enough or too much
- Experiencing chronic pain that doesn't respond to treatment
- Feeling hopeless or worthless
- Have an unusual lack of energy or motivation

You may have anxiety if you:

- Have intense feelings of stress
- Experience frequent restlessness
- Have panic attacks (that may be confused with a heart attack)
- Worry or think constantly about problems

How do I Know if I Need Help?

If you have signs and symptoms of depression and/or anxiety, you may benefit from talking to a mental or physical health professional.

Enclosed are **Brief Screening Tools** for anxiety and depression to help you decide if you might benefit from talking to a mental or physical health professional.



What Type of Help is Available?

There are many different types of treatment available for mental health problems. Some treatment options include:

- **Outpatient Therapy** — you go to an office and talk to a therapist one-on-one or as part of a group
- **Medication** — prescribed by a physician to help with problematic mental health symptoms
- **Peer Programs** — drop-in centers or clubhouses run by people who are successfully dealing with mental health problems
- **Emergency/Crisis Services** — available 24 hours a day for mental health emergencies

Where do I get Help?

There are many locations where you can get mental health services. To make an appointment call:

- Your local mental health center
- Mental health providers in your community that accept Medicaid
- Your physical health care provider

Mental health services for Medicaid clients are **Free**, as a benefit of Medicaid.

What Can I Expect at My Appointment?

- You will be asked to fill out some information about yourself and why you are seeking treatment
- You will meet with a mental health professional for an assessment of your symptoms
- You and a mental health professional will develop a treatment plan that meets your needs.

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