

If you know an older adult who could benefit from help, call us today. Together, we can make a difference.



Our hospital-based outpatient program supports the mental health of older adults experiencing **depression, anxiety, or other mental challenges.**

Are you an older adult or do you know an older adult who is experiencing any of the following?



- change in energy level, sleep and/or weight
- change in living conditions
- frequent feelings of sadness, guilt, worry, or hopelessness
- feeling overwhelmed or stressed due to being a caregiver
- new or chronic health diagnosis
- recent loss of a loved one or prolonged grief
- difficult life transitions

**EMPOWERING
OLDER ADULTS TO
THRIVE MENTALLY!**