

# Are you feeling sad & lonely as you age?

You don't have to.



**CCSMH**  
CANADIAN COALITION  
FOR SENIORS'  
MENTAL HEALTH



**CCSMPA**  
LA COALITION CANADIENNE  
POUR LA SANTÉ MENTALE  
DES PERSONNES ÂGÉES

# Learn more about depression and older adults & take action.

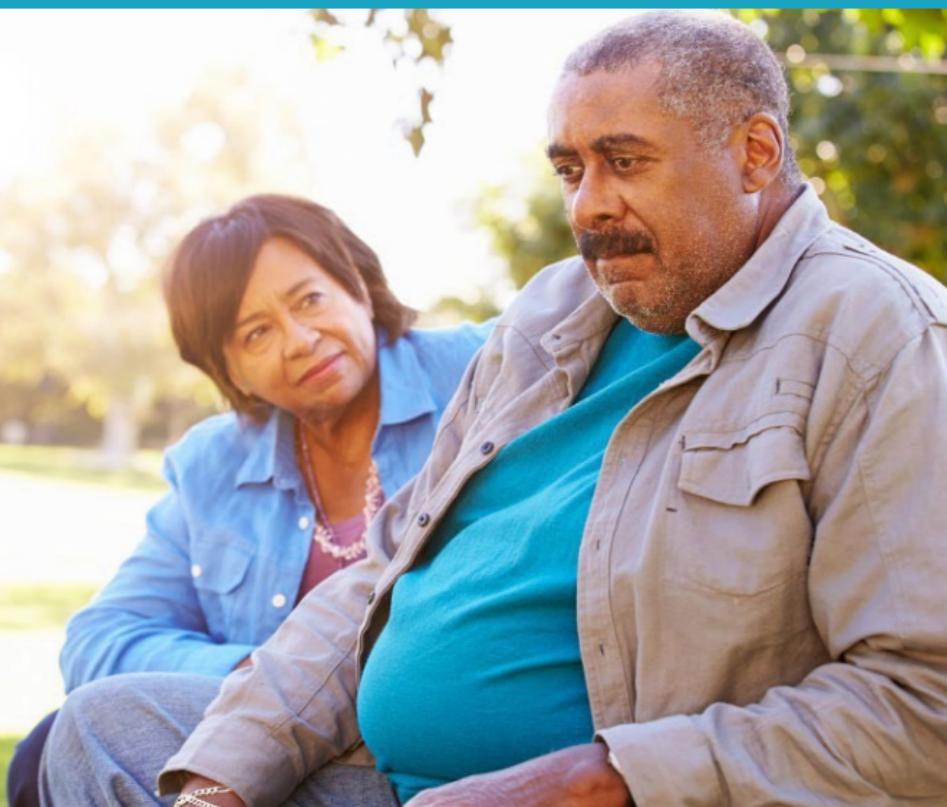
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Mood swings, low energy, and poor focus don't have to be part of aging. It might be due to a serious illness – depression.

Everyone feels sad sometimes. We all have bad days and times when we feel down. If you feel sad, hopeless or bored with things you normally enjoy, for weeks or months... you may be experiencing depression.

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**There is hope.**



# There are many ways to start feeling better.

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Small lifestyle changes can greatly improve your well-being:

- Do things you love.
- Spend time with others.
- Listen to your favourite music.
- Join in local activities.
- Go for a walk.
- Feel the sun on your face.



**You deserve to be well and to enjoy your senior years.**

# What is depression?

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Depression is a treatable illness that can affect your feelings, body and relationships. It can be hard to picture ever feeling good again.

Depression often does not get better on its own. If you have any of these symptoms for more than two weeks, seek help.

## Think you might have depression?

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Get help from a health professional. It is important. You can visit your:

- Family doctor
  - Pharmacist
  - Walk-in clinic
  - Local health centre
  - Hospital
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# Symptom Checklist

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To help talk about how you are feeling, circle your symptoms below.

Then show this checklist to a health professional.

- I feel sad, lonely or anxious
- I feel guilty or have regrets
- I have lost pleasure from my favourite things
- I have sleeping problems (too much or not enough)
- I have problems thinking & focusing
- I have less energy / feel tired or slow
- I feel unwell / more aches and pains / irritated
- I have changed my eating habits or weight
- I think about suicide or death



*If you (or someone you know) are thinking of hurting yourself or ending your life call 911 now, or go to the hospital emergency room.*

# Talk with a health professional.

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Depression is an illness like any other. Talking with a health professional is a major step to getting help and feeling better.

## To understand if you have depression, a health professional will:

- Discuss your thoughts & feelings with you.
- Ask about what is happening in your life.
- Possibly do a physical exam.
- Run tests to rule out other causes.
- Discuss possible treatments such as medication or psychotherapy

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### TIPS!

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- ✓ *Go with a family member or friend.*
- ✓ *Ask for more information about depression.*
- ✓ *Bring your symptom checklist & any health notes.*
- ✓ *Book a follow up visit soon after.*

# There is hope. You are not alone.

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## Your important phone numbers

Use this area to record numbers of organizations and services that can help you.

Emergency: 9-1-1 Doctor: \_\_\_\_\_

Counsellor / Therapist: \_\_\_\_\_

Pharmacist: \_\_\_\_\_

Distress / Crisis Line: \_\_\_\_\_

Local branch of  
Canadian Mental  
Health Association: \_\_\_\_\_

Spiritual Leader or other  
community supports: \_\_\_\_\_

**You deserve to be happy,  
energized, and fulfilled.**

You don't have to accept depression as a normal part of aging. It is a treatable illness. You can start today.

**Talk about your feelings with your  
loved ones and your doctor.**



For more information visit  
the Canadian Coalition  
for Seniors' Mental Health  
(CCSMH) website:

[www.ccsmh/projects/depression](http://www.ccsmh/projects/depression)



This brochure is adapted from the CCSMH National Guidelines for Seniors' Mental Health: The Assessment and Treatment of Depression. 2021.

*Disclaimer: The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada. This brochure is intended for information purposes only. It is not intended to be interpreted or used as a standard of medical practice.*

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