

Anxiety

RESOURCES FOR OLDER ADULTS

ANXIETY AND AGING

Almost 20% of older adults in Canada will experience symptoms of emotional distress such as anxiety that will be difficult to cope with, and about 6% of older Canadians have a diagnosed anxiety disorder.

There is hope! Anxiety is a treatable mental illness.

START WITH YOUR DAILY ROUTINE

Anxiety isn't an expected part of aging. Check out these resources to learn more.

- **Centre for Addiction and Mental Health:** **Anxiety in Older Adults** Information about symptoms and treatment of depression.
- **Mental Health Commission of Canada:** **Quick Tips to Reduce Anxiety** 10 tips to reduce anxiety and start feeling better today.

GET STARTED TODAY

Learn about treatment and get help today:

- **Anxiety Canada**
Free self-help treatment resources.
- **Canadian Mental Health Association: Find help in your area** CMHA offers mental health support across Canada.
- **Wellness Together Canada**
24/7 counselling supported by the Canadian government.



LAUNCHING IN 2024: CLINICAL GUIDELINES

There are currently no existing guidelines for anxiety in older adults to help support health care professionals with assessment and treatment. CCSMH has engaged with leading experts to create the first clinical guidelines for anxiety in older adults.



CCSMH

Canadian Coalition for
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