

6 factors that can increase your risk of developing depression and anxiety



Depression and anxiety can emerge at any age. It is important to pay attention to your circumstances and your feelings. If you start to notice changes to your mood, it might be time to take steps to support your mental wellness or talk to a health care professional.

1. Significant loss

When you experience an important death or loss grief is normal and it can become overwhelming.



2. Social isolation or loneliness

When you find yourself feeling lonely or being more isolated from loved ones.



3. Life transitions

Experiences like retirement, moving out of your home, changes to your finances, or caring for a loved one.



4. Health changes

If you have a new or worsening health condition(s). Medications can also impact your mental health.



5. Substance use

The effects of alcohol and recreational drugs are heightened with age and can impact your mental health.



6. Sleep disturbance

Proper sleep is an essential part of your health and mental well-being.

Help is available.
For tips on supporting your mental health visit ccsmh.ca.
You can start today!