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4 Things To Know About Depression and Older Adults

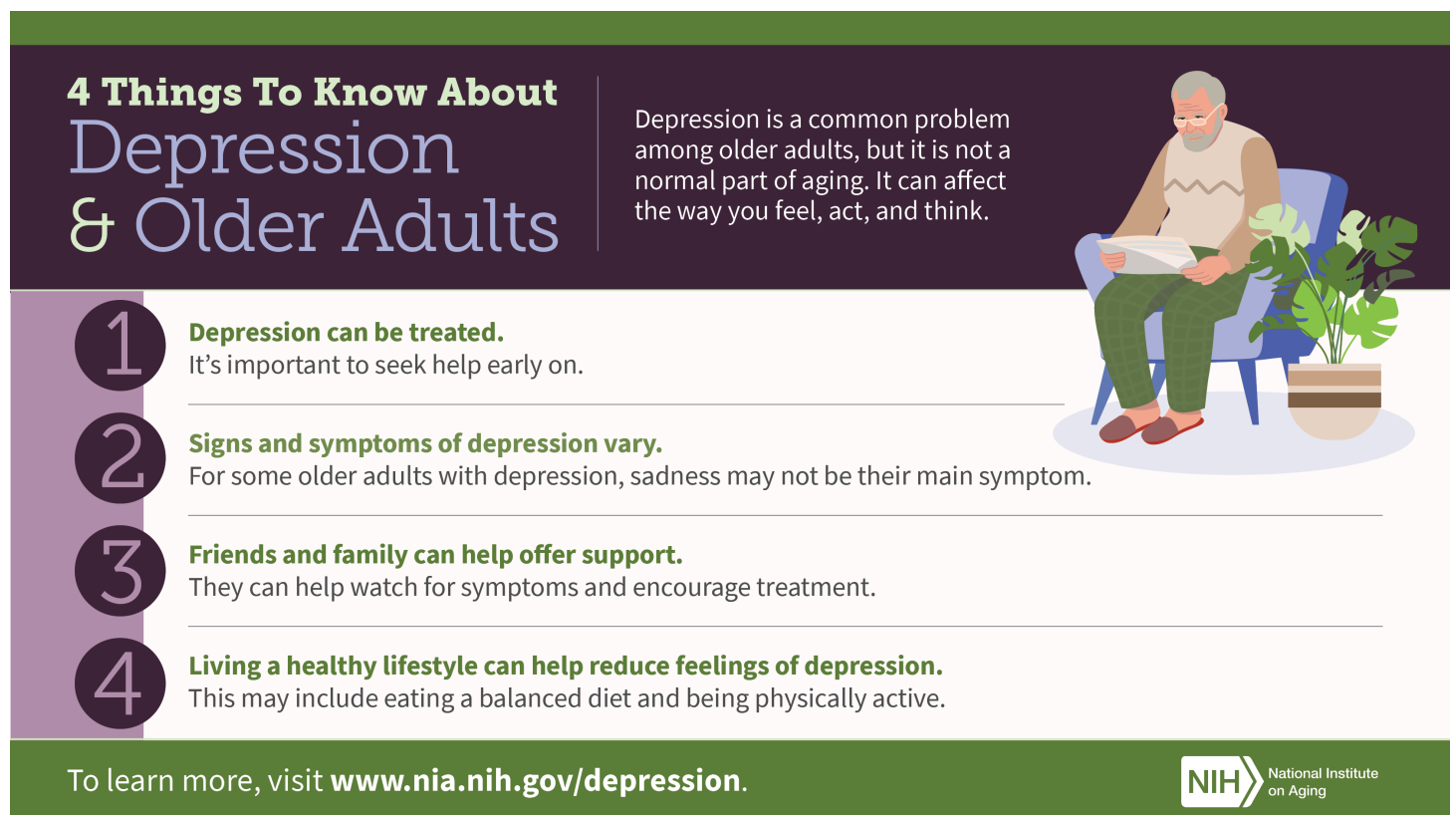
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Depression is more than just feeling sad or blue. It's a serious mood disorder that affects many older adults and requires treatment. Find four things to know about depression below.

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4 Things To Know About Depression & Older Adults

Depression is a common problem among older adults, but it is not a normal part of aging. It can affect the way you feel, act, and think.

- 1 Depression can be treated.**
It's important to seek help early on.
- 2 Signs and symptoms of depression vary.**
For some older adults with depression, sadness may not be their main symptom.
- 3 Friends and family can help offer support.**
They can help watch for symptoms and encourage treatment.
- 4 Living a healthy lifestyle can help reduce feelings of depression.**
This may include eating a balanced diet and being physically active.

To learn more, visit www.nia.nih.gov/depression.

NIH National Institute on Aging

Get Immediate Help

If you are thinking about harming yourself, tell someone who can help immediately.

- Do not isolate yourself.

- Call a trusted family member or friend.
- Call 988 or go to a hospital emergency room to get immediate help.
- Make an appointment with your doctor.

Call or text the 24-hour [988 Suicide & Crisis Lifeline](#) at **988 or 800-273-TALK (800-273-8255)**. For TTY, use your preferred **relay service or dial 711 then 988**.

You may also be interested in

- Reading more about [depression and older adults](#)
- Finding [tips for staying connected with loved ones](#)
- Ordering or downloading a [free handout on depression and older adults](#)

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