

SENIOR BEHAVIORAL HEALTH

Monthly Newsletter

we're so glad you're here!

BRINGING AWARENESS TO MENTAL HEALTH

In May, we celebrate Mental Health Month, a time to raise awareness and promote mental well-being. At Girard Medical Center, our Senior Behavioral Health Program takes great pride in serving adults aged 55 years and older with their mental health needs. We understand the unique challenges and complexities that older adults may face, and our dedicated team is committed to providing compassionate and specialized care to support their mental wellness journey. Through personalized treatment plans, therapeutic interventions, and a supportive environment, we strive to empower seniors to achieve optimal mental health and improve their overall quality of life. Mental Health Month serves as a reminder of our ongoing commitment to promoting mental health awareness and delivering exceptional care to our community's older adults.

WHAT ARE THE SIGNS?

Identifying someone who may need help with mental health issues involves being attentive to changes in behavior, mood, or cognitive functioning. Some signs that may indicate a need for intervention include:

- Persistent feelings of sadness, hopelessness, or anxiety
- Social withdrawal or isolation
- Changes in appetite or sleep patterns
- Irritability, agitation, or aggressive behavior
- Difficulty concentrating or making decisions
- Increased confusion or memory problems
- Expressing thoughts of self-harm or suicide



Identifying and addressing mental health challenges can indeed be complex, but you don't have to navigate it alone. Our Senior Behavioral Health Program is here to provide support and assistance to hospitals, primary care physicians, long-term care facilities, and assisted living centers. We offer comprehensive mental health screenings for patients and residents, helping identify individuals who may be struggling with mental health issues. Additionally, we provide training and resources to healthcare professionals, guiding them through the process of screening patients effectively and sensitively. Our goal is to collaborate with you in promoting mental wellness among older adults, ensuring early intervention and tailored care plans that meet their unique needs. Don't hesitate to reach out to our Senior Behavioral Health Program for assistance and partnership in addressing mental health concerns within your practice or facility. Together, we can make a positive impact on the mental well-being of our senior community.



ADDITIONAL RESOURCES

- [DEPRESSION AND OLDER ADULTS](#)
- [ANXIETY & OLDER ADULTS](#)
- [SUICIDE AND OLDER ADULTS](#)
- [CRISIS INFORMATION](#)



A minute with Mike

MIKE WILLIS, OUTREACH COORDINATOR, THERAPIST

It's common for individuals to feel embarrassed or stigmatized about their mental health challenges, which can prevent them from seeking help or opening up about their experiences. Ending the stigma surrounding mental health requires a collective effort from society. One crucial way to do this is by promoting open and honest conversations about mental health in communities, schools, workplaces, and media platforms. Education plays a vital role as well, as understanding mental health conditions and the factors contributing to them can reduce misconceptions and discrimination. Encouraging empathy, compassion, and non-judgmental attitudes towards those struggling with mental health issues can create a supportive environment where individuals feel safe to seek help and share their experiences without fear of stigma. Providing access to mental health resources, such as counseling services, support groups, and helplines, is also essential in ensuring that individuals receive the assistance and support they need to navigate their mental health challenges effectively. By collectively working towards ending the stigma and fostering a culture of acceptance and support, we can create a more inclusive and mentally healthy society for everyone.