

AGING WELL

Depression

Why is addressing depression important?

Recently, Nelson has been feeling tired, frustrated, and no longer interested in things he once enjoyed, like spending time with his family and carving. One morning, he was sent a picture of his new great granddaughter. This is when he decided to ask his provider about his low energy. His provider screened him for depression and connected him with a Behavioral Health Consultant. Nelson learned skills to improve his mood, which allowed him to sleep better and have more energy to spend time with his loved ones. He now knows the signs of depression and feels safe being able to ask for help so he can enjoy life again.

What are some considerations for depression?

- Being more irritable/short with loved ones
- Increased tiredness or insomnia
- Low energy and poor concentration
- Loss of interest in enjoyable activities
- Feeling isolated or alone
- Loss of sex drive

Depression is the constant feeling of sadness which can affect your mood, energy, concentration, and interest in activities.

Questions to ask yourself:

- What do you enjoy doing?
- What is important to you and your family?
- Who do you feel safe talking to?
- What advice would you give someone feeling how you feel?



For more information visit:

www.southcentralfoundation.com/aging-well

Or scan the QR code

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Foundation**



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What can you do?

- Be physically active.
- Stay connected with friends and family.
- Explore nature.
- Have a good sleep routine.

Where can you find support?

Contact your primary care team directly or contact
Anchorage Native Primary Care Center 907-729-3300

Your Primary Care Team

Your primary care team can assist with learning about depression and appropriate treatment.

Behavioral Health Consultants

Behavioral health consultants can help assess and provide treatment recommendations, and connect you with other resources or activities to support.

Elder Program 907-729-6500

The Elder Program can provide support and help you stay connected.

Family Wellness Warriors 907-729-5440

Family Wellness Warriors offers learning circles that can provide support and help you stay connected.

Health Education 907-729-4955

Health Education can provide resources to support your health and wellness.

Exercise Physiologists 907-729-2689

Exercise physiologists can provide support for being physically active and help create individual exercise programs to help achieve your wellness goals.

Key



Referral needed



Travel by plane required



Travel by car required



Available over the phone or virtual visit